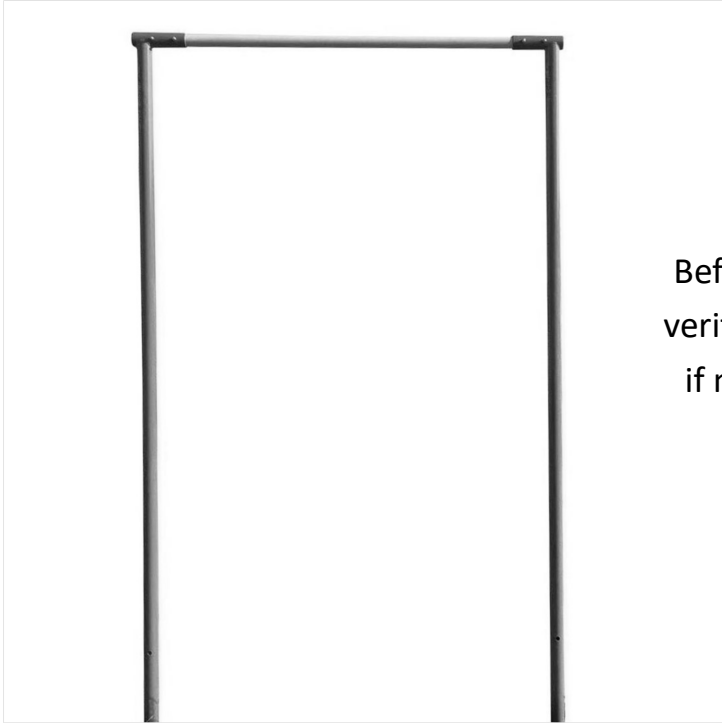


Z Athletic Outdoor Training Bar



Thank you for purchasing the
Z Athletic Outdoor Bar!

We hope you love it!

Before starting assembly, check the parts list and verify everything has arrived as you expected, and if not please reach out to us by email or phone.

Email : administration@zathletic.net

Phone : 317-219-5647

Parts & Tools List

PARTS Included:

- A. [1] Bar Rail
- B. [2] Bar Posts
- C. [2] Bolt Assembly
- D. [2] Steel Stabilizing



TOOLS Needed:

- A. Prepared Concrete Mix:
4 bags of 80lbs mix
- B. Wrench
- C. Level



Z Athletic Outdoor Training Bar Assembly Instructions

Assemble Bar

Step 1: Insert Bar Rail (A) into Bar Posts (B) (Fig 1)

Step 2: Insert Bolt Assemblies (C) into Bar Posts (B) and Bar Rail (A) and secure with a wrench (Fig 1 continued)

Step 3: Insert Steel Stabilizer (D) into base of Bar Post (B). Repeat for other side. (Fig 2)

Dig Post Holes and Prepare Concrete:

Step 4: Determine where bar will be placed and dig two holes with the center of each hole being 51in apart.

Step 5: Each hole should be at least 20in deep, and about 12" in diameter. The Bar Rail (A) should be about 70in off the ground with a 20in deep hole. If you'd like a shorter height, dig the hole deeper.

Step 6: Prepare all bags of concrete according to manufacturer's instructions. You will use about two bags per hole.

Set Posts and Fill in Concrete

Step 1: Set Bar Posts in each hole and fill each hole with prepared concrete.

Step 2: Tamp the mix while filling to eliminate air pockets.

Step 3: Slope the concrete around the base of the post to allow for water runoff.

Step 4: If you want to conceal the concrete, pour it within a few inches of the top of the hole and cover with soil after the concrete has set.

Level Check

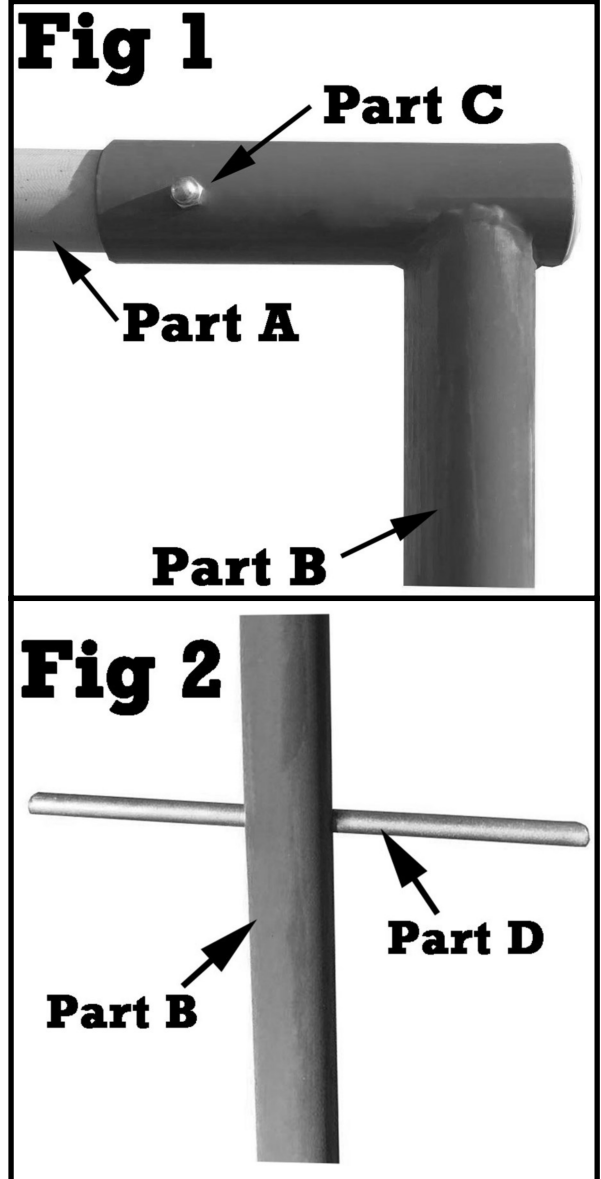
Step 1: Adjust bar to be level and straight. Use level to verify.

Safety Check

Step 1: Do not use until concrete is completely dry

Step 2: Verify all nuts/screws are tightened before use

Step 3: Check stability before use



Z Athletic Outdoor Training Bar

Additional Information

Important Safety Information! Please Read!

- ◆ Always consult an instructor before trying new moves.
- ◆ Any activity involving motion or height creates the possibility of serious injury. This equipment is intended for use only under supervision.
- ◆ Before use, know your own limitations and the limitations of the equipment. The apparatus should always be placed on a firm, flat surface.
- ◆ Always inspect the equip to ensure the bolts are secure before use. Failure to do so may result in serious injury.

**Formed in 1993 by a
Former US Olympic Gymnastics Coach**

Z Athletic strives to bring professional quality products directly to your home for gymnastics, martial arts, tumbling, and exercise. We design and sell our products directly, giving the customer the highest quality for one of the best prices. We position employees overseas to monitor our manufacturing process, ensuring a high quality product that we can adapt as customers recommend adjustments. Our products are designed to competition specifications whenever possible, so you can practice at home on gym quality equipment.

This Z Athletic product come with a 2 year manufacturer's warranty.

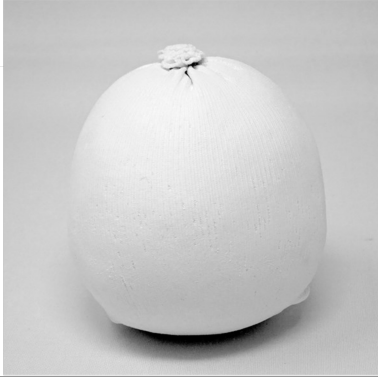
Z ATHLETIC

Z Athletic Outdoor Training Bar Recommended Accessories



Z Athletic 4ft x 8ft x 2in Gymnastics Mat

Designed for a variety of uses, our 4ft x 8ft x 2in mat is made from the highest quality material to provide the best support even during heavy usage. Whether you're sparring while practicing judo or landing after the perfect kip, our high quality mat provides firm support.



Z Athletic Chalk

Use our chalk for gymnastics, in-door rock climbing, out-door rock climbing, pull up bars, weight lifting, power lifting, and so much more! Each Chalk Ball is filled with 100% pure Magnesium Carbonate chalk. Free of additives and pigments it's safe for adults and children!



Z Athletic Junior Spring Board

Designed for young vaulters, this board is perfect for children practicing at home. Use it to mount beams and bars or practice landing dismounts! Dimensions : 30 inches long, 22.5 inches wide, 8 inches height from tallest end.



Z Athletic Expandable Kip Bar

Bring the gym to you with the Z Athletic Expandable Kip Bar! Practice kips and other bar moves in the comfort of your home. This bar is ideal for gymnasts level 3 or 4.

**Check out our complete product selection
at [amazon.com](https://www.amazon.com)**