

Z Athletic Training Parallel Bars



Thank you for purchasing the
Z Athletic Training Parallel Bars!

We hope you love it!

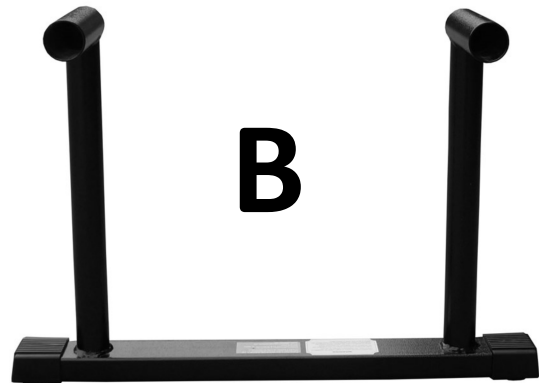
Before starting assembly, check the parts list and verify everything has arrived as you expected, and if not please reach out to us by email or phone.

Email : administration@zathletic.net

Phone : 317-219-5647

Parts List

- A. [2] Fiberglass Rail
- B. [2] Parallel Bar Base
- C. [4] Bolt Assembly
 - C-1. Bolt
 - C-2. Washers
 - C-3. Nuts



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Assembly Instructions

Step 1: Place Parallel Bar Bases (B) on the ground 46 inches (about 3 feet, 10 inches) apart (Fig 1).

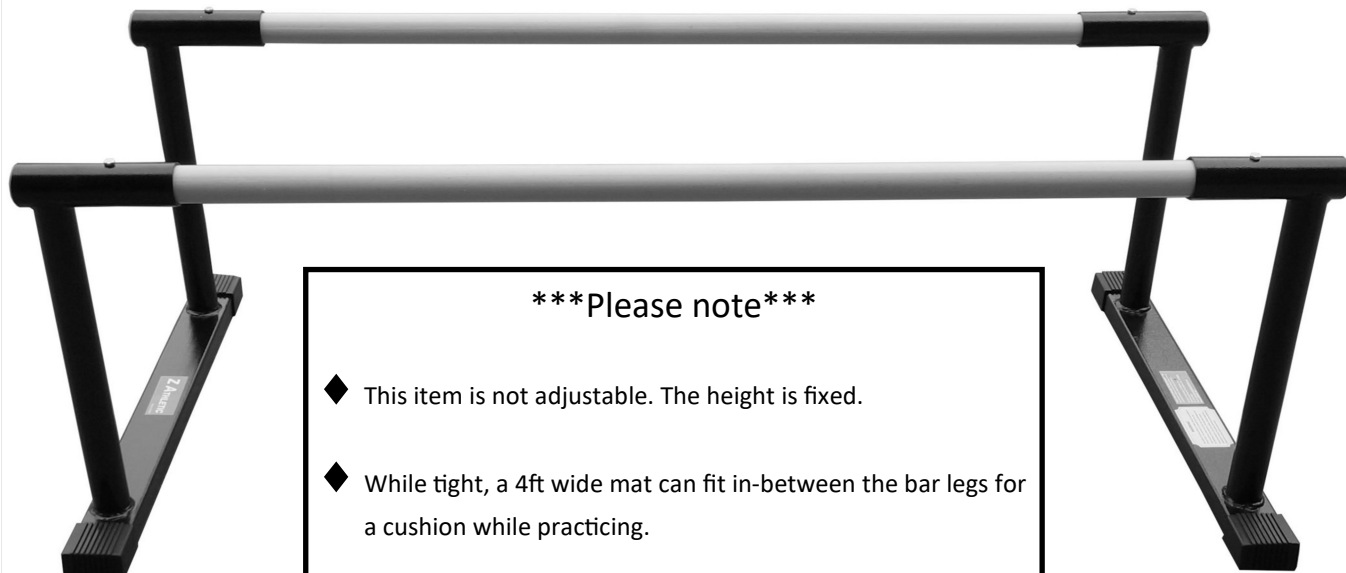
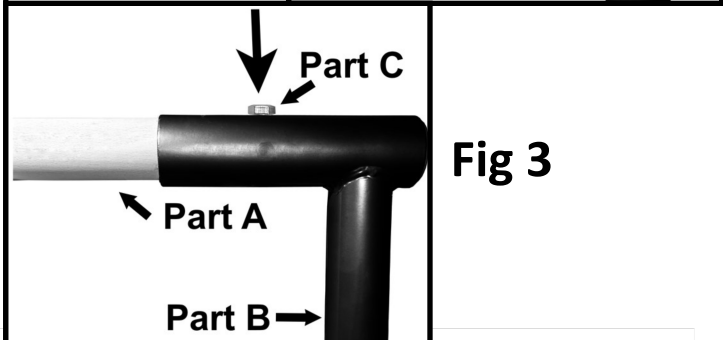
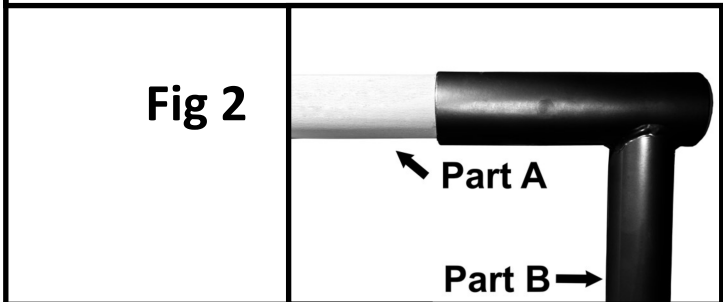
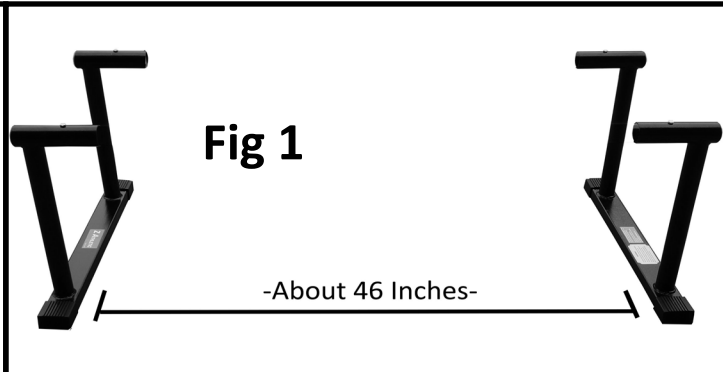
Step 2: The Parallel Bar Bolt Assembly (C) will come pre-screwed into the Fiberglass Rails (A). Unscrew the Bolt Assemblies (C) and set aside.

Step 3: Insert one Fiberglass Rail (A) into Parallel Bar Bases, lining up bolt holes. Adjust base distance so the pre-drilled holes match up correctly. Repeat for opposite side. (Fig 2)

Step 4: Insert Bolt Assemblies (C) and secure with a wrench. (Fig 3)

Step 5: Repeat Step 3 and 4 for second Fiberglass Rail (B).

Step 6: Enjoy your new bar!



Please note

- ◆ This item is not adjustable. The height is fixed.
- ◆ While tight, a 4ft wide mat can fit in-between the bar legs for a cushion while practicing.

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Additional Information

Important Safety Information! Please Read!

- ◆ This bar is only meant for indoor use. If used outside, make sure it is not left out overnight.
- ◆ 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 locking devices 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

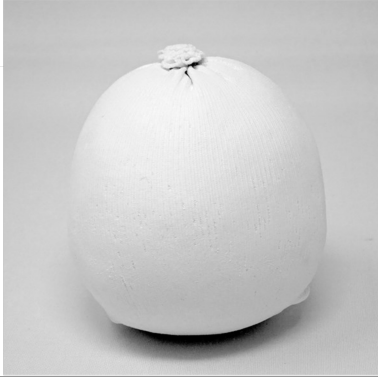
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Recommended Accessories



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)**