

Z Athletic Gymnastics Pirouette Bar



Thank you for purchasing the
Z Athletic Pirouette Bar! We hope you love
it!

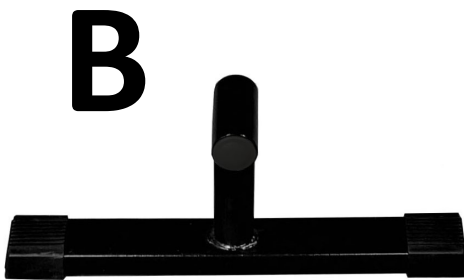
Before starting assembly, check the
parts list and verify everything has arrived as
you expected, and if not please reach out to
us by email or phone.

Email : administration@zathletic.net

Phone : 317-219-5647

Parts List

- A. [1] Bar Rail
- B. [2] Base Supports
- C. [4] Black Rubber Footers
- D. [2] Rail End Caps
- E. [2] Rail Bolts, Nuts, and Washers



Z Athletic Gymnastics Pirouette Assembly Instructions

Step 1: Insert Rail End Cap (D) into Bar Base Support (B). Repeat for second Bar Base Support (B) [Fig 1]

Step 2: Cover both exposed Bar Base Support (B) ends with Black Rubber Feet (C). Repeat for second Bar Base Support (B) [Fig 2]

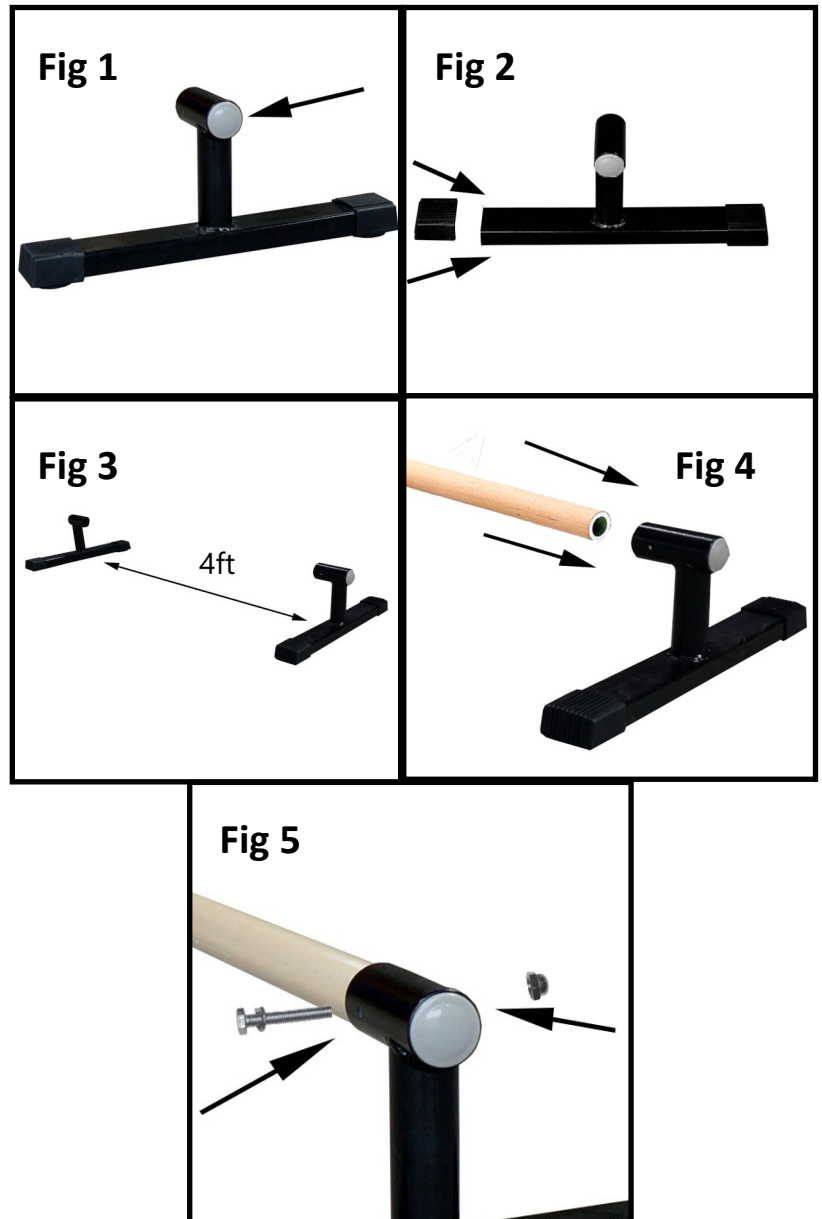
Step 3: Place Bar Base Supports (B) on the floor facing each other, about 4ft apart. [Fig 3]

Step 4: Insert Bar Rail (A) into one of the Bar Base Supports (B). Repeat for the second Bar Base Support (B) [Fig 4]

Step 5: Turn the Bar Rail (A) till the pre-drilled pilot holes line up with the bolt holes on the Bar Base Supports (B)

Step 6: Insert Rail Bolts (E) into the bolt hole with the washer flush to the head of the bolt. Screw on the rounded nuts to secure the bolt for the other side of the Bar Rail (A). If you cannot tighten the rounded nut properly, remove the washer. [Fig 5]

Step 7: Enjoy your new bar!



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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.
- ◆ For safety and stability, only use the bar if it has a 4ft wide mat between the bar legs.
- ◆ 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 oversees 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 Gymnastics Pirouette Bar

Recommended Accessories

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



Provides soft landings while also stabilizing the bar base.

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.



Women's Uneven Bar Grips

Protect your little gymnast's hands from blisters and tears with our selection of bar grips. Using grips allows for longer, more comfortable training.

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