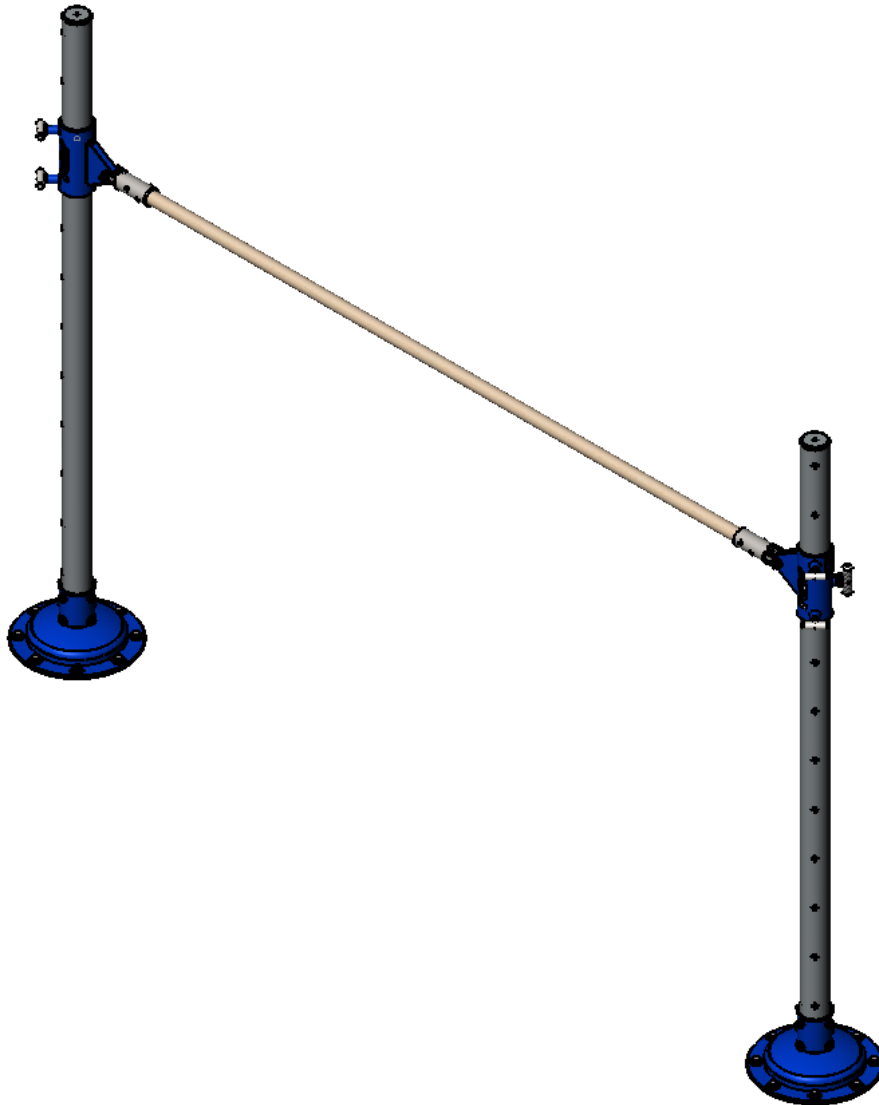




AMERICAN ATHLETIC, INC
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JEFFERSON, IOWA 50129
PHONE 515-386-3125



NON-CABLED SINGLE BAR TRAINER

MODEL NUMBER 406111	LAST REVISION DATE 02/25/2013	INSTRUCTION NO. 82074
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Before you begin assembly:

Your shipment should have come in 3 packages

- #407152 Graphite X Bar
- #406112 Non-Cabled Single Bar Trainer uprights package
- #406113 Non-Cabled Single Bar Trainer bases, sleeves and hardware package

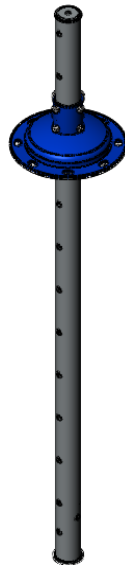
Please make sure you have received the above packages.

Tools required for assembly:

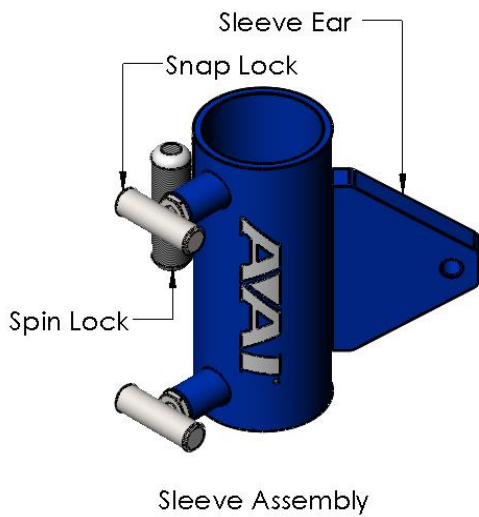
- Drill with 5/8" masonry bit
- 1/4" hexagon key (allen wrench)
- 9/16" box or open-end wrench
- 3/4" box or open-end wrench
- Hammer
- Tape measure
- Adhesive tape
- Level
- Wire brush or vacuum cleaner

To assemble your Single Bar Trainer:

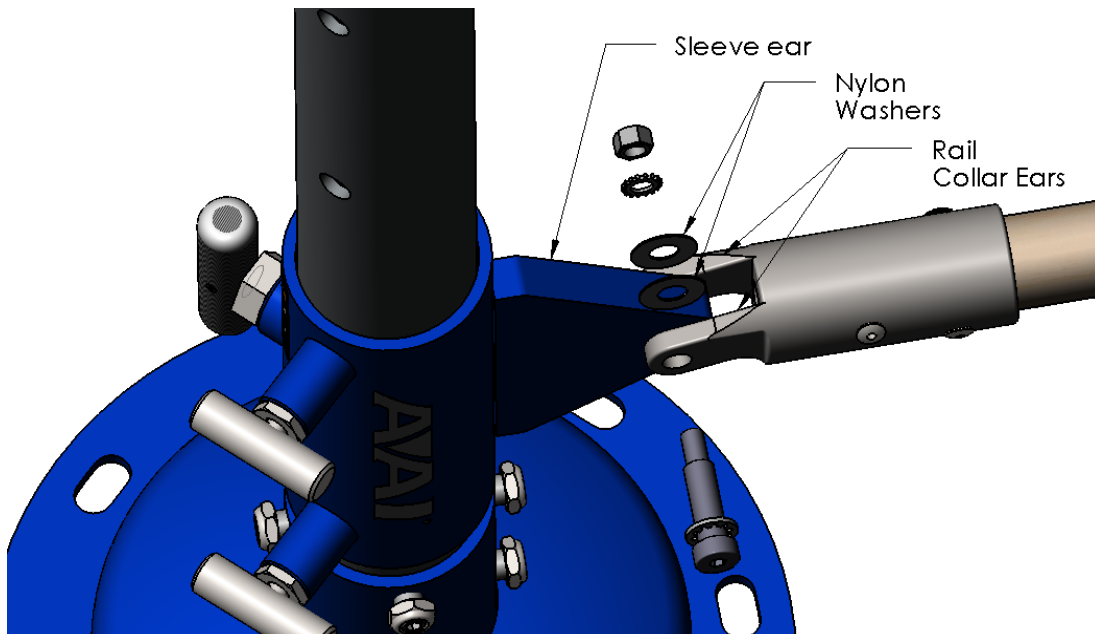
1. Begin assembly of the unit by carefully sliding the top of the uprights (side with the welded cap) through the bottom of the bases as shown by the picture below. Let the bases slide to the bottoms of the uprights. The base-upright assemblies should be able to stand up on their own. Do not tighten any set screws yet.



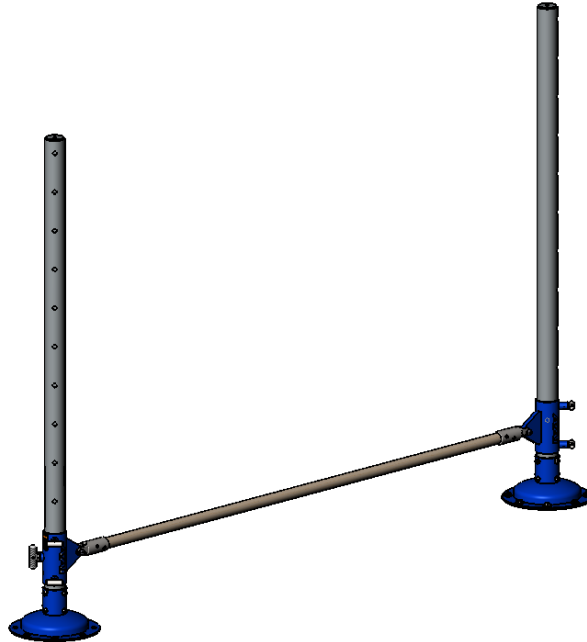
- Slide the sleeve assemblies onto the uprights so that the ears of the sleeves point towards each other and the AAI labels read from top to bottom of the sleeve. Adjust the sleeves to the bottom setting of the upright by pulling back the snap locks and sliding the sleeve assembly down the upright. Once you get close to the bottom holes, release the snap locks and then slowly slide the sleeve until the snap locks engage into the holes. You should hear metallic clicking sound and see the handle of the snap locks hit its main body. After the spin locks engage, tighten the spin lock as well. Your assemblies should look like the ones shown on the picture below.



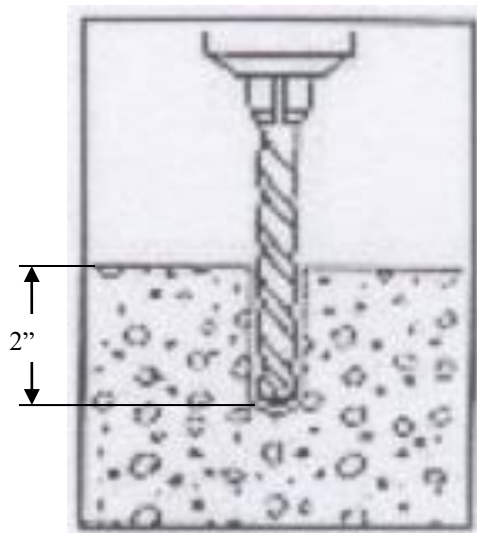
- Next, add your X rail to the assembly. Insert the nylon washers between the rail collar ears and sleeve ears. This will help make your rail function quietly and wobble-free. Proper hardware order is shown below.



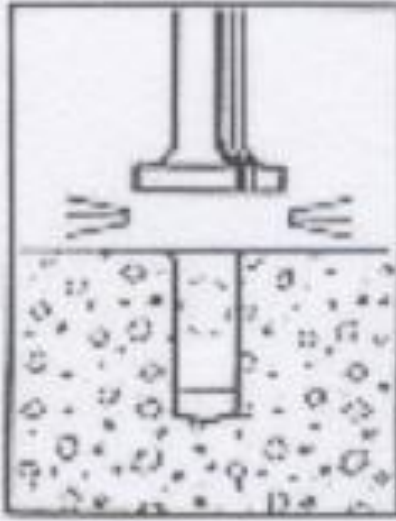
4. After adding the X rail your setup should look like the one shown below. Move the unit to the location where it will be installed. You will need sound and level concrete floor for proper installation of this system.



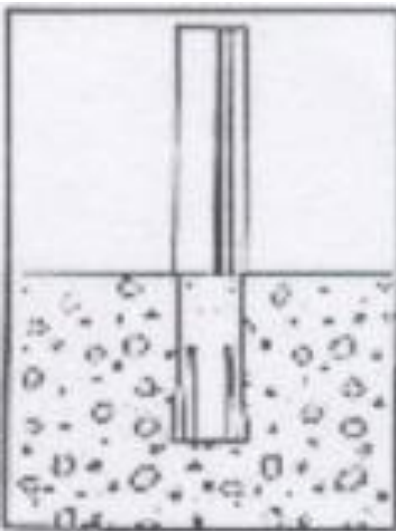
5. Use the apparatus bases as templates for drilling your holes in the concrete. Mark each hole carefully by drilling approximately $\frac{1}{4}$ " deep through each opening in the base's bottom plate while making sure that the base stays in original position.
6. When you have all of the hole locations marked move the apparatus aside. All of the holes need to be drilled 2" deep. An easy way to do this is to wrap a piece of tape around the drill bit to create a "flag" that will signal when to stop drilling.



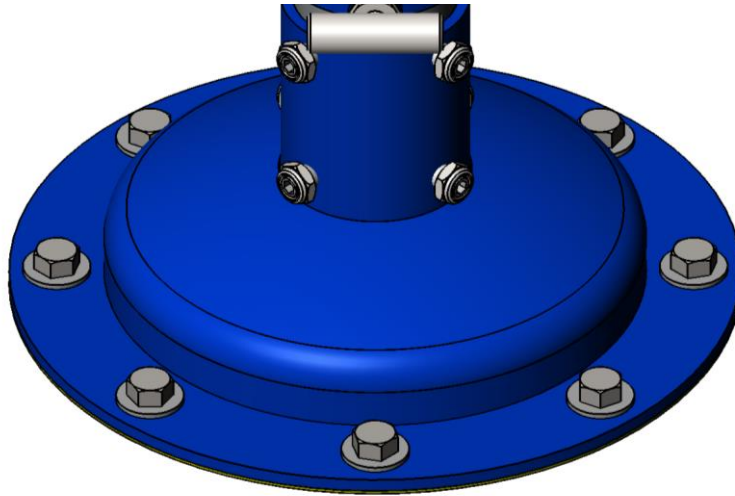
7. Once all of the holes are drilled remove the debris using a wire brush or a vacuum cleaner. Insert the anchors and tap them with a hammer until they are flush with the concrete.



8. Next, expand the anchors with the setting tool provided. An anchor is properly expanded when the shoulder of the setting tool is flush with the top of the anchor.



9. Your apparatus is now ready to be bolted to the floor. Do not forget to insert the rubber gaskets between the concrete and the bases' bottom plates.



10. Once you have the bases securely bolted to the anchors, use your level to check the uprights for perpendicularity. Use the set screws to make adjustments as needed. Another way to verify that the uprights are properly positioned is to cycle your X rail through all of the adjustment heights. When you are satisfied with the operation of the height adjustments, make sure all of the set screws are tight and then fasten the lock nuts against the bases' collars to lock the set screws.

11. Your Non-Cabled Single Bar Trainer is now ready to be used.

Keep these things in mind:

- **Always use safety mats beneath this apparatus.** 12 or 20 cm landing mats are recommended.
- Inspect your apparatus for wear or damage before each use. **DO NOT USE DAMAGED EQUIPMENT.** Contact AAI for repair or replacement.

CAUTION:

This equipment is to be used only under adult supervision. Any mechanical system when used incorrectly, poses a risk of injury to the user. This equipment is intended to be setup, adjusted, maintained and/or used only by those who understand the risks involved and are qualified to take responsibility for using it as designed. By setting up, adjusting, maintaining, and/or using this equipment, the user implies that they understand the potential risks and assumes responsibility for their own safety and the safety of those around them with regard to using this equipment.