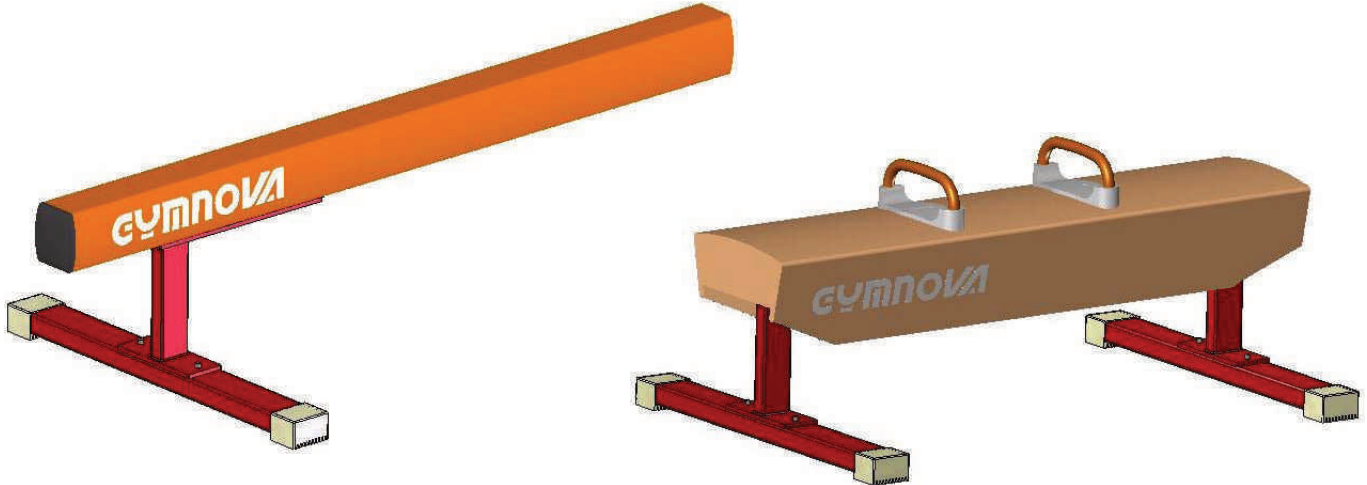


**20 cm RAISER M'2005  
FOR POMMEL HORSE & BEAM**

**3572A  
3672A - 3672AE**

KEEP THIS  
DOCUMENT



**Warning:**

This equipment should be installed by a qualified individual.

This equipment should be used by only one person at a time, supervised by a qualified individual and with appropriate landing mats: pommel horse mats (ref.: 1630) and beam mats (ref.: 1611 – 1616).

Using this equipment for purposes other than those originally intended is not allowed.

**Recommendations:**

As shown in French Standard NF S52-400 the following is recommended:

- keep these instructions for subsequent reference (inspection, maintenance, etc.).
- periodically carry out predictive maintenance.
- depending on how much it is used, have the equipment serviced yearly or every few years.

**Weight of the apparatus:**

Ref. : 3672A → 63 kg (138.90 lb)

Ref. : 3672AE → 91 kg (200.62 lb)

Ref. : 3572 → 66 kg (145.51 lb)

**Overall size:**

Ref. : 3672A → 5 x 1 m (16.40 x 3.28 ft)

Ref. : 3672AE → 5 x 1 m (16.40 x 3.28 ft)

Ref. : 3572 → 1.60 x 1 m (5.25 x 3.28 ft)

**Packaging:**

Package Ref.	345/30 Pair of leg bases	3572/10 Pair of Raisers	350/10 Pommel horse synthetic body	3611/40 Competition beam body	3611/40E Competition beam body Export	No. of Packages
<b>3672A</b> 20 cm balance beam	1	1	-	1	-	3
<b>3672AE</b> 20 cm balance beam Export	1	1	-	-	1	3
<b>3572A</b> 20 cm pommel horse	1	1	1	-	-	3
<b>Volume (ft³)</b> <b>Weight (lb)</b> <b>Dimensions (in)</b>	0.678 28.66 40.35 x 6.70 x 4.33	0.706 19.84 15.75 x 7.87 x 11.81	8.553 97 67.72 x 12.60 x 17.32	6.123 90.39 200.79 x 7.87 x 6.70	8.656 152.12 203.15 x 9.84 x 7.48	X

## I. Assembling the apparatus (minimum of two people):

**Note:** Prepare a clean area for assembling the apparatus.

- 1 - Place the body (1) upside down on the ground.
- 2 - Fixing the raisers (5) under the body (1).
  - For the beam (see Fig. 1): Use the fixing points situated at the ends of the body. Remove all screws and only use those needed for the assembly. Fix the raisers (5) to the body (1) using the screws (6) and washers (7) and then tighten.
  - For the pommel horse (see Fig. 2): Remove all screws. Fix the raisers (5) to the body (1) using the screws (6) and washers (7) and then tighten.
- 3 - Position the leg bases (2) onto the raisers (5) and fix them without tightening, using the cap nuts (4).
- 4 - Right the equipment and place it on its legs on a flat surface (at the chosen location).
- 5 - Lock all the attachments (4) and (6).

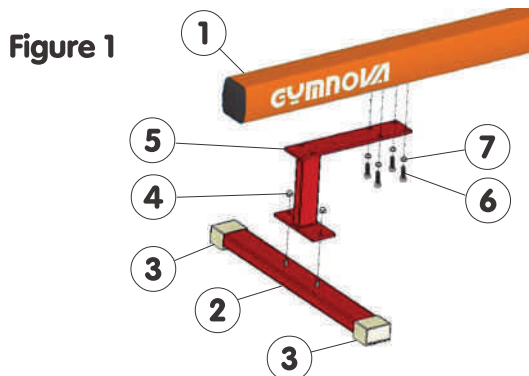
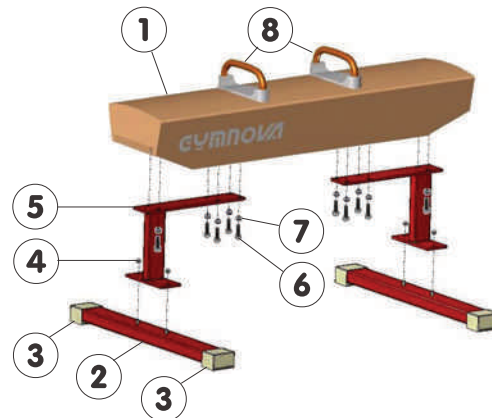


Figure 2



## II. Assembling the pommels (Ref. : 3572A):

- 1 - Tilt the pommel horse onto its side.
- 2 - Insert a clamp rod (10) into each pommel (8), which has been previously positioned on the body (1).
- 3 - Screw a lever (11) onto each rod (10) under the body (1) (see Fig. 3). Turn the lever (11) perpendicularly to the rod (10) (see Fig. 4) to lock the pommel. To adjust the tightness of the pommels (8) screw or unscrew the lever (11) when it is oriented with the alignment of the rod (10) (see Fig. 3).
- 4 - Tilt the pommel horse back onto its legs.

Figure 3

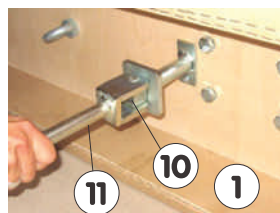
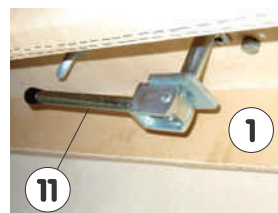
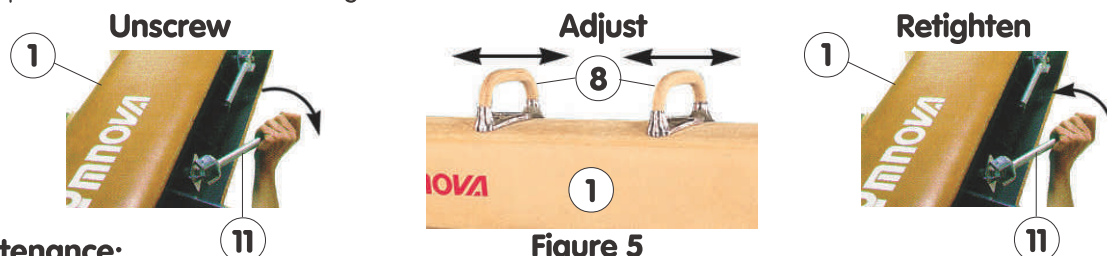


Figure 4



## III. Adjusting the pommel distance (Ref. 3572A) (see Fig. 5):

- 1 - Tilt the pommel horse onto its side.
- 2 - Turn the levers (11) so they are aligned with the rods (10) (see Fig. 3).
- 3 - Adjust the pommel distance (8) (from 390 to 485 mm).
- 4 - Turn the levers (11) so that they are perpendicular to the rods (10) (see Fig. 4).
- 5 - Tilt the pommel horse back onto its legs.



## IV. Maintenance:

- 1 - A regular cleaning of the apparatus allows better viewing of the problems, if any (distortion, breakage, or corrosion).
- 2 - Before use, check wear parts and safety elements each time for good condition and operation: pads (3), visual inspection of correct tightening and condition of the pommels (8).
- 3 - Grease the pommel tightening levers (11).
- 4 - Check the correct tightening of all attachment elements (4) + (6).
- 5 - **Important:**
  - If a problem is detected or suspected, do not use the equipment as long as it has not been checked by a technician.
  - Any damaged or distorted piece should be replaced as soon as possible.

## V. Storage:

Always store the equipment away from humidity and heat.

