

BEAM WITH ADJUSTABLE ELASTICITY BASE

3620C

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 and supervised by a qualified individual, with appropriate landing mats.

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

Compliance:

This equipment complies with the requirements of the European standard EN 913 "Gymnastic equipment - General safety requirements and test methods".

Recommendations:

As shown in French Standard NF S 52-400 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. : 3620C → 95 Kg

Overall size:

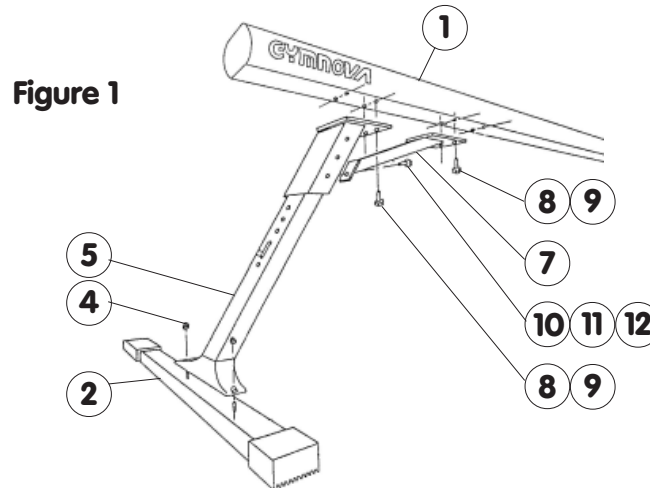
Ref. : 3620C → 5 x 1 m

Packaging:

Package Ref.	345/30 Pair of standard leg bases	362/01 Dynamic leg upright	345/01 PPair of dynamic beam leg braces	3610/70 Competition beam body	No. of Packages
3620C Beam with dynamic base	1	2	1	1	5
Volume (m³) Weight (Kg) Dimensions (mm)	0,0192 13,65 1025 x 170 x 110	0,0549 18,90 1220 x 250 x 180	0,0069 2,10 700 x 110 x 90	0,25 52 5150 x 220 x 220	X

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

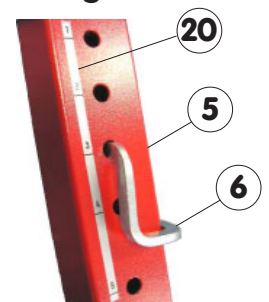
- 1 - Place the leg bases (2) on the floor.
 - 2 - Position the dynamic leg uprights (5) on the bases (2) and fix them, without tightening, using the cap nuts (4) (see Fig. 1).
 - 3 - Position the braces (7) on the legs (2) + (5) and fix them, without tightening, using the screws (10) + washers (11) and (12).
 - 4 - Place the beam body (1) upside down on the floor (on a clean area or protecting the body).
 - 5 - Fix the legs (2) + (5) to the body (1) using the screws (8) + washers (9), without tightening.
- Note:** The screws (8) + (9) are fixed to the underside of the body. Remove them all and only use those needed for the assembly.
- 6 - Right the equipment and place it on its legs on a flat surface (at the chosen location).
 - 7 - Lock all of the attachment elements (4), (8) and (10).



II. Adjusting the elasticity (fixed height: 1.25 m):

- You can adjust the dynamism of the legs. For this, simply move the locking pin (6) to one of the 5 graduated holes provided for this purpose (see Fig. 2).
- There are 5 adjustment positions: from the most rigid (position 1) to the most flexible (position 5).
- You can adjust a different dynamism on each of the 2 legs (springboard effect for dismounts, for example).
- When the locking pin (6) is in the most rigid position (position 1), the beam using is identical to the competition one (Ref.: 3610).

Figure 2



III. Maintenance:

Important: For safety reasons, it is essential that these 3 operations are carried out by qualified individuals only (warranty validity). Only carry out the work if abnormal vibrations occur. Please contact us for all other cases.

1 - Longitudinal play adjustment (see Fig. 3):

- Unlock the 4 nuts (14) situated on the insides of the legs (Point A).
- Very lightly tighten the screws (13) while moving the body (1) longitudinally (length of the body) until the play has been adjusted.
- Lock the nuts (14).
- Repeat the operation on the other leg.

Take care: Do not overtighten the screws (13) so that you do not block the sliding part of the base and cause the dynamic system to wear prematurely.

2 - Lateral play adjustment (see Fig. 3):

- In the same way as for the longitudinal play, turn the 2 screws (13) and the 2 nuts (14) situated on the sides of the legs (Point B), moving the body (1) laterally (width of the body).

3 - Spring wear compensation (see Fig. 4):

- Untighten nut (19) by several turns, loosen screw (18) to release screw (17).
- Loosen screw (17).
- Tighten screw (18) to push in screw (17), thereby adjusting the play of spring (do not place it under pressure).

4 - General maintenance:

- Check the tightness of the attachment elements (4), (8) and (10).
- Check the condition of the locking pin and that it is working correctly (6).
- Replace any defective elements.

Figure 3

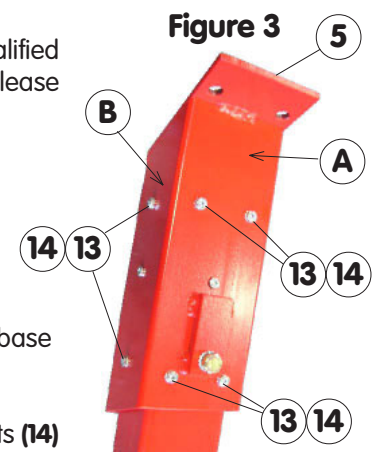
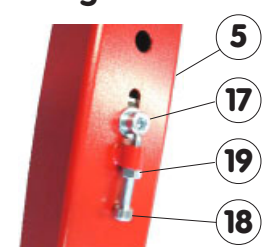


Figure 4

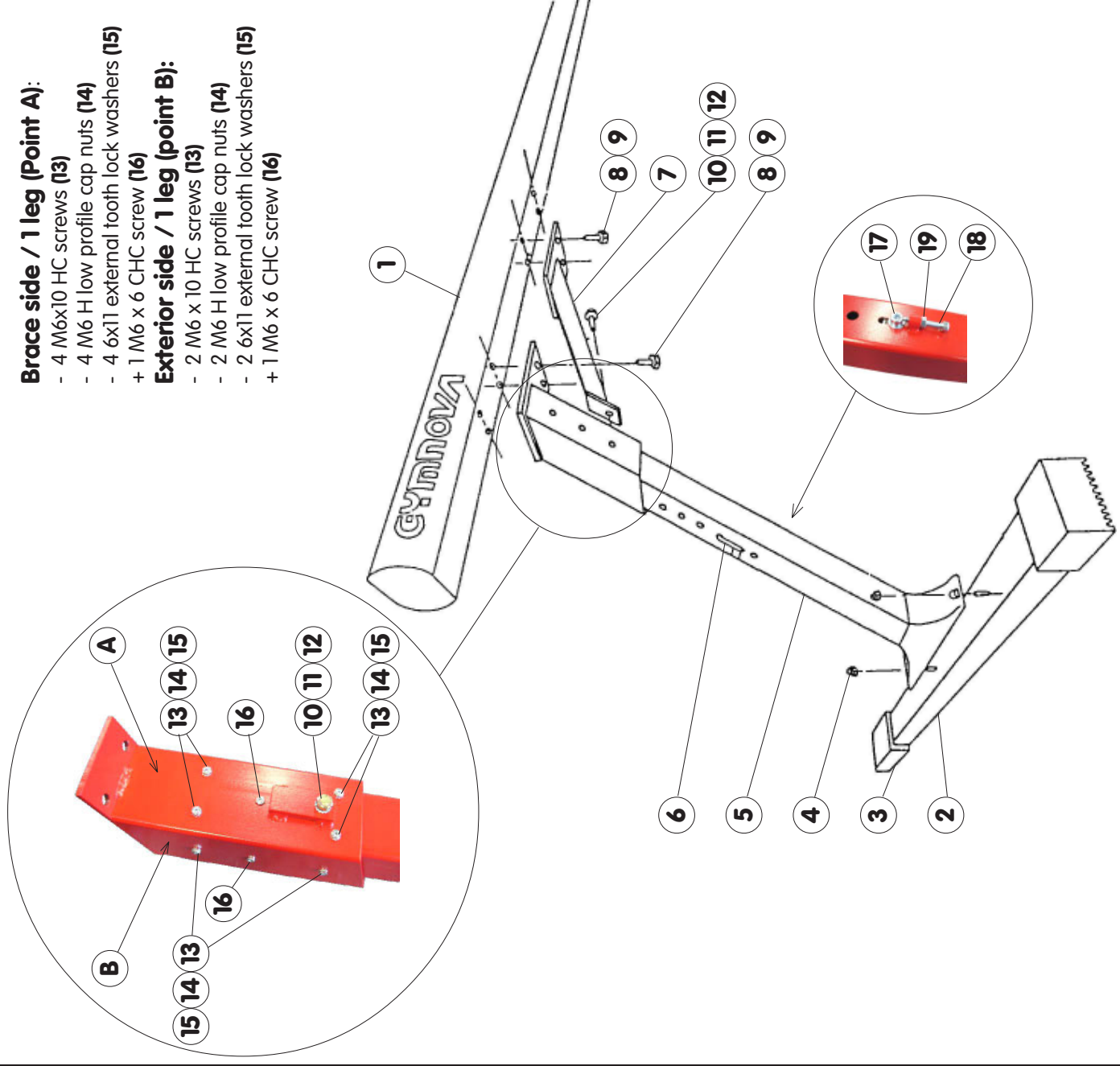


Brace side / 1 leg (Point A):

- 4 M6x10 HC screws (13)
- 4 M6 H low profile cap nuts (14)
- 4 6x11 external tooth lock washers (15)
- + 1 M6 x 6 CHC screw (16)

Exterior side / 1 leg (point B):

- 2 M6 x 10 HC screws (13)
- 2 M6 H low profile cap nuts (14)
- 2 6x11 external tooth lock washers (15)
- + 1 M6 x 6 CHC screw (16)



ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS
30	-	-	-	-
29	-	-	-	-
28	-	-	-	-
27	-	-	-	-
26	-	-	-	-
25	-	-	-	-
24	-	-	-	-
23	-	-	-	-
22	-	-	-	-
21	-	-	-	-
20	2	Self-adhesive strip with graduation marks 1 to 5	362/09	each
19	2	M8 nut	VEH008000Z	-
18	2	M8x50 CHC screw	VCHCE8050Z	-
17	2	M10x25 CHC screw	VCHC10025Z	-
16	4	M6x6 CHC screw	VCHC06006Z	-
15	16	6x11 external tooth lock washer	VREE06110Z	-
14	16	M6 H low profile cap nut	VEHM06000Z	-
13	16	M6x10 HC screw	VHC006010Z	-
12	2	10x18 external tooth lock washer	VREE10180Z	-
11	2	M10x22 flat washer	VRP010220Z	-
10	2	M10x16 H screw	VH0010016Z	-
9	8	12x20 external tooth lock washer	VREE12200Z	-
8	8	M12x30 H screw	VH0012030Z	-
7	1	Pair of braces	345/01	pack
6	2	Dynamic leg locking pin	362/08	each
5	2	Dynamic upright	362/01	pack
4	4	M12 H cap nut	VEBR12000Z	-
3	4	Apparatus pad + screw	3800/07	spare kit
2	1	Pair of leg bases	345/30	pack
1	1	Competition beam body	3610/70	each



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**BEAM WITH ADJUSTABLE
 ELASTICITY BASE**

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DATE: 19/02/16

NM36e

Ref : 3620C