



# USER GUIDE & SAFETY INSTRUCTIONS

## FOLDING GYMNASTICS BEAM

Congratulations on your purchase from AirTumble and we hope you enjoy using your new Gymnastics Beam.



**Before setting up your new folding beam, please make sure you read through this user guide and safety instructions carefully before use. Should anything be unclear, do not hesitate to contact us using the information at the bottom of each page.**

Once you have read through these instructions, it will only take a matter of seconds to set up your new folding beam. **This Product should only be set up by authorized or competent persons.**

AirTumble products are designed as training equipment for gymnastics, cheerleading, tumbling, school sports, showgroups, martial arts, parkour, freerunning and tricking.

# TECHNICAL INFORMATION

**Length:** 8 Feet / 244cm

**Width:** 10cm

**Material:** Solid wood beam with EVA Foam on top surface for extra comfort. Commercial grade anti-slip suede cover around the beam and special anti-slip material on the base.

**Features:** Stainless steel hinge to fold the beam in half for easy storage. Handles on the side for easy transportation.

## ASSEMBLY STEPS

Simply take your beam out of the box, unfold it and lay the beam down on a clean, dry and flat surface.



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# SAFETY INSTRUCTIONS

- Prepare a clean, dry, flat surface for your Beam. It must not be used on an uneven surface, or a surface with a gradient.
- The folding beam is not suitable for use in wet or humid conditions. These conditions make the beam unsafe to use and exposure to these conditions will reduce the lifespan of the product. In the event the beam does get wet, you must ensure it is completely dry without any damage before it is safe to use again.
- Adequate safety matting must be used under and around the beam at all times.
- The folding beam is not suitable for children under 5 years of age.
- Do not allow more than one person to use the beam at a time.
- This folding beam is designed for beginners. It is ideal for developing a basic understanding of beam, allowing the user to practice different ways of traversing, as well as holding various balances and developing basic jumps. This beginner level beam is not designed for practicing advanced level acrobatic moves.
- Individuals using the folding beam must be aware of their own limits as well as the limitations of the equipment.
- Activity on the beam must be supervised at all times by a qualified instructor.
- Do not attempt new skills on this equipment without the guidance and instruction of a qualified instructor.
- Ensure you check the folding beam, including all components and fixings, for stability or damage before each use. DO NOT use if you have any concerns and deem the equipment damaged or unsafe to use.
- Do not attempt to repair any damaged or worn components yourself. Contact AirTumble who will provide advice on how to get the component repaired or replaced by a qualified professional.
- The folding beam must only be used for its intended purpose and must not be modified in any way.
- Do not wear shoes on the beam.

# STORAGE INSTRUCTIONS

- When you have finished using your beam, fold it in half and use the handles to carry.
- Make sure the beam is stored away securely, preferably laid flat on the floor. If the beam is stored upright, ensure that it is secured properly to a wall so that there is no risk of the beam falling or sliding open, which could cause injury.
- Store in a cool, dry location.

## WARNINGS

Disclaimer: By using this AirTumble product, you release from liability and waive any right to sue the manufactures, distributors and retailers of this product, their employees, officers, volunteers and agents from any and all claims, including claims of negligence, resulting in any physical injury, illness (including death) or economic loss you may suffer.

***Important:- AirTumble products are not toys. They are professional training products for gymnastics, cheerleading, tumbling, school sports, martial arts, parkour, free running and other athletic movements. All AirTumble products should be used under the supervision of a qualified instructor.***