



# USER GUIDE & SAFETY INSTRUCTIONS

## GYMNASTICS BALANCE BEAM

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



Before setting up your new balance beam, please make sure you read through the user guide and safety instructions carefully. 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 you a few minutes to set up your new balance beam. This Product should only be set up by authorized or competent persons.

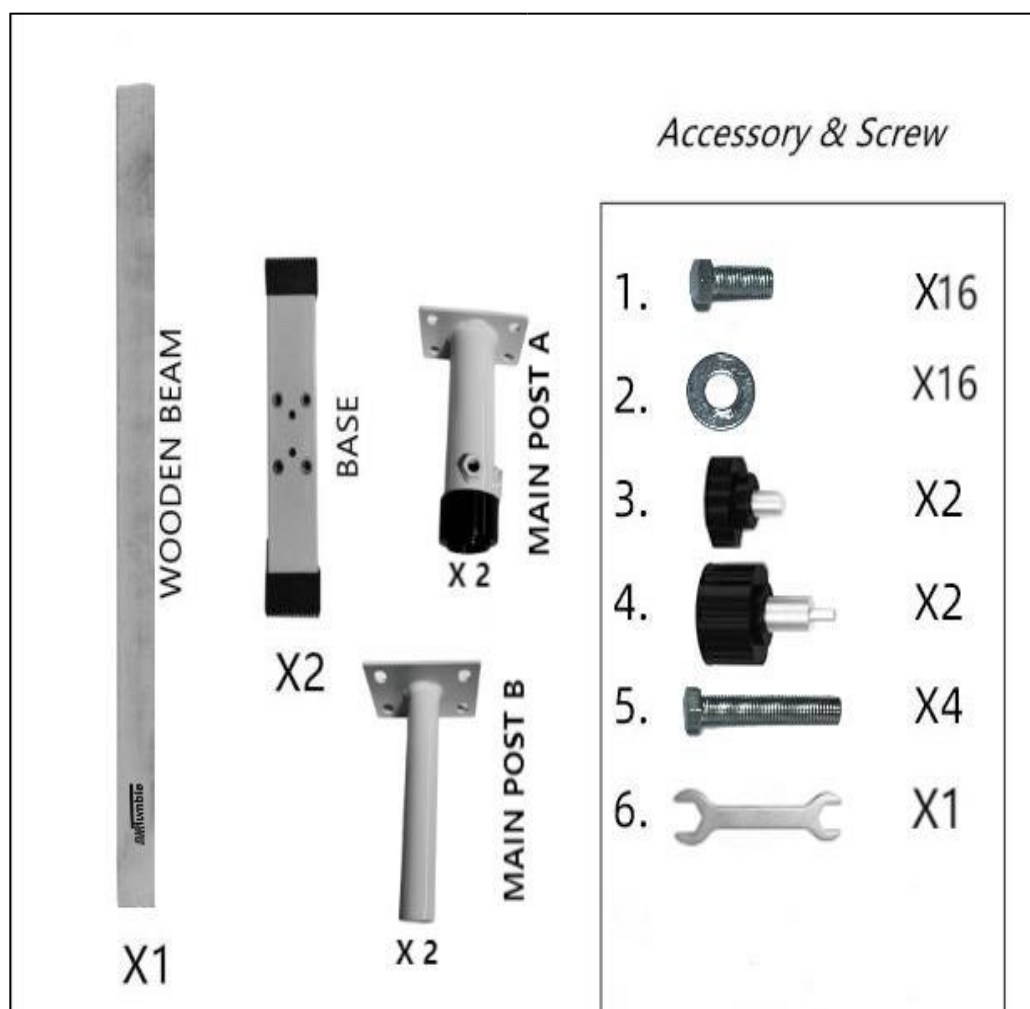
AirTumble products are designed as training equipment for gymnastics, cheerleading, tumbling, school sports, show groups, martial arts, parkour, free running and tricking.

# TECHNICAL INFORMATION

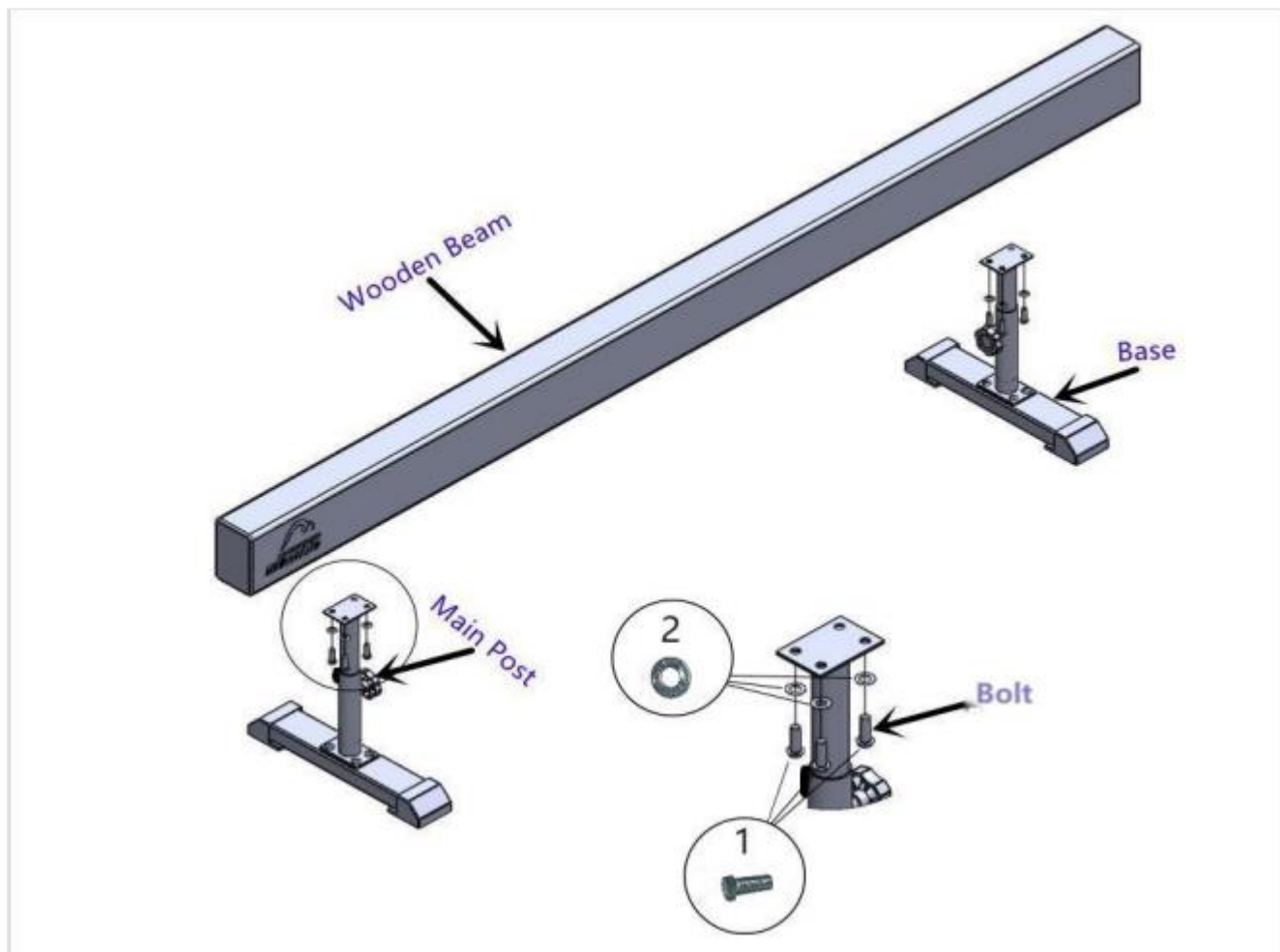
<b>Length:</b>	8 Feet / 244cm
<b>Width:</b>	10cm
<b>Height:</b>	Adjustable height from a floor level beam up to 46cm
<b>Material:</b>	Solid wood beam with EVA Foam on top surface for extra comfort. Commercial grade anti-slip suede cover around the beam. Anti-slip rubber feet for increased stability and to protect floor.

## ASSEMBLY STEPS

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## ASSEMBLING YOUR BALANCE BEAM

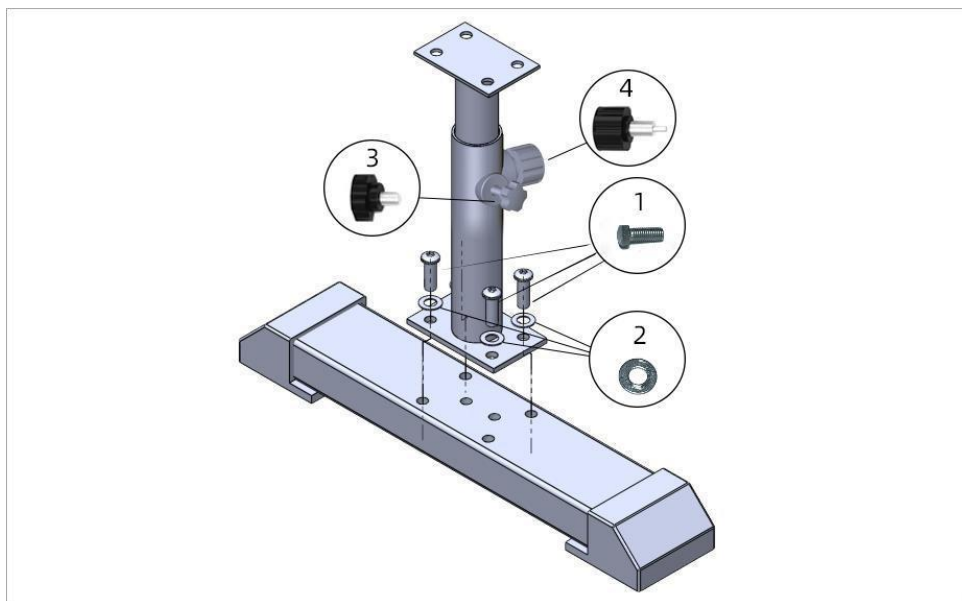


Please put Main Post B into Main Post A before assembling, providing you with 2 Main Posts, as shown in the picture.



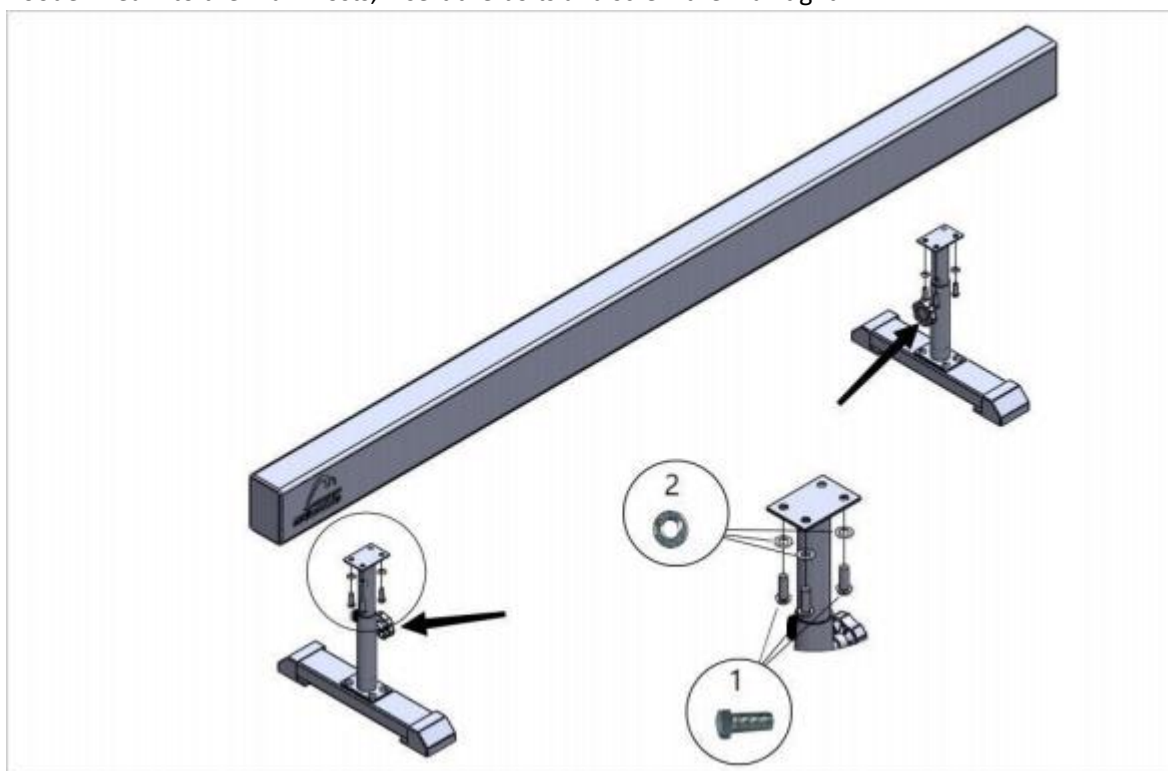
## STEP 1: ATTACH THE BASE TO THE MAIN POST

Use the Securing Screw (#3) and Securing Pin (#4) to tighten the Main Post. DO NOT over tighten the Securing Screw and Securing Pin in this step. Use the 8 x Small Bolts (#1) (4 bolts on each side) and 8 x Washers (#2) (4 washers on each side) to attach the Base to the Main Post. Insert the bolts and screw them tight, as shown in the picture.



## STEP 2: ATTACH THE WOODEN BEAM TO THE MAIN POST

Using 8 x Small Bolts (#1) (4 bolts on each side) and 8 x Washers (#2) (4 washers on each side), attach the Wooden Beam to the Main Posts, insert the bolts and screw them all tight.



## ADJUSTABLE HEIGHT

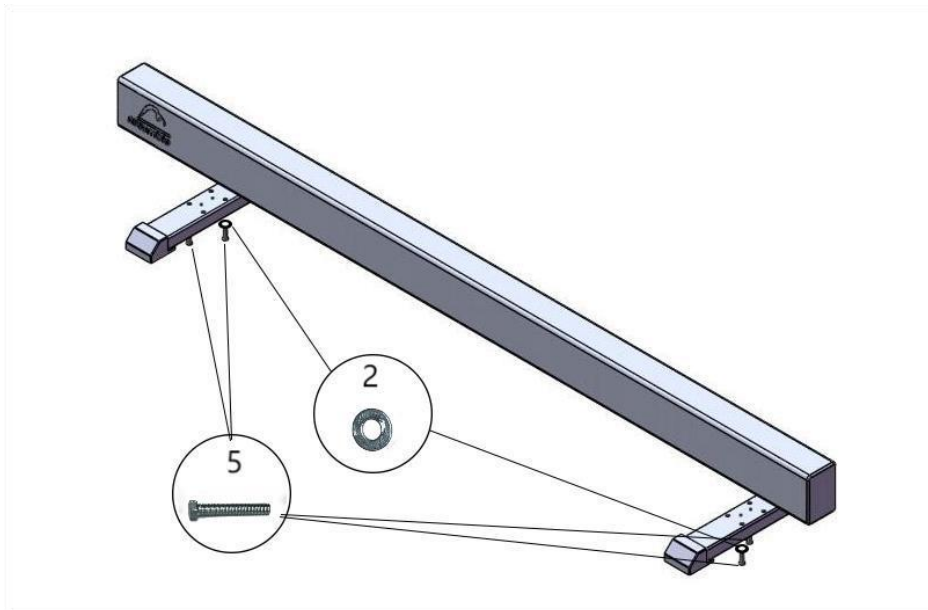
Unscrew the Securing Screw (#3) a few rotations and unscrew the Securing Pin a few rotations and then pull out the Securing Pin (#4). Make sure both Main Posts are set to the same level and ensure the Securing Pin clicks back into place when you have selected your desired height. Tighten both the Securing Pin and Securing Screw.



## ASSEMBLE AS A FLOOR BEAM

Remove the Main Posts and attach the Wooden Beam to the Base from the underside.

**PLEASE NOTE** you only require 2 Long Bolts (#5) and 2 Washers (#2) on each side for floor level assembly.



# SAFETY INSTRUCTIONS

- Prepare a clean, dry, flat surface for your balance beam. It must not be used on an uneven surface, or a surface with a gradient.
- The balance 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.
- Ensure you have suitable space around the beam, which is free from hazards, to allow safe use of the equipment.
- Adequate safety matting must be used under and around the balance beam at all times. The base legs should also be protected with padding or matting.
- The colour of the beam should contrast with the colour of the floor and the matting under the beam, to ensure the user can always clearly see the beam.
- The balance beam is not suitable for children under 5 years of age.
- The MAXIMUM weight for children using the balance beam is 140lbs.
- Do not allow more than one person to use the balance beam at a time.
- This balance 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 balance beam must be aware of their own limits as well as the limitations of the equipment.
- Activity on the balance 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 balance 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 balance beam must only be used for its intended purpose and must not be modified in any way.
- Do not wear shoes on the beam.

## 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.***