

## PRODUCT INFORMATION/ HAZARD ALERT/CARE TIPS

### G-016, G-017, G-018 ROTATOR TWISTING BELT

**READ THIS DOCUMENT AND ALL OTHER ACCOMPANYING PRODUCT DOCUMENTATION THOROUGHLY BEFORE INSTALLING, USING OR PERMITTING USE OF THIS EQUIPMENT. REQUIRE ALL PERSONS INTENDING TO USE THIS EQUIPMENT, AS WELL AS THOSE INSTRUCTING OR COACHING USERS, ASSISTING USERS AND/OR SPOTTING USERS TO READ THIS DOCUMENT THOROUGHLY BEFORE YOU AUTHORIZE EQUIPMENT TO BE UTILIZED FOR ANY PURPOSE**

Congratulations on purchasing Norbert's Rotator Twisting Belt. We are confident you will find it a very useful training device. Here are vital hazard warnings, important product information as well as maintenance instructions for getting the most from your new Rotator Twisting Belt.

1. This product is intended for use ONLY by properly trained and qualified participants.
2. Use without proper supervision is DANGEROUS and should NEVER be undertaken or permitted.
3. Cast metal ring components are strong but susceptible to severe damage upon impact with floors, walls and other hard surfaces. NEVER drop or throw your Twisting Belt; be sure it's stored securely when not in use.
4. Twisting Belts are not field serviceable and no parts are made available to the public. If your Belt needs repair or service, please contact us.
5. Do NOT modify or alter this product in any way.



**PULL INNER FABRIC BELT TIGHTLY AND FASTEN BUCKLE SECURELY.**



**FAMILIARIZE YOURSELF WITH QUICK RELEASE BUCKLE.**

6. Twisting Belts—and similar devices—are generally attached to overhead suspension systems with cable or rope controlled by spotters who literally hold users' lives in their hands. Users and spotters are responsible for inspecting Twisting Belt and all its components immediately prior to each spot, including (but not limited to) the following:
  - a. Carefully check complete Belt assembly and all components for any sign of damage, wear, loose or missing parts, binding and all other indications of potential failure. If there's any question as to condition of Belt or components DO NOT USE!

#### **IMPORTANT CONSUMER PRODUCT HAZARD WARNING INFORMATION--PLEASE READ!**

RISK OF SERIOUS INJURY, PARALYSIS AND/OR DEATH, IS INHERENT IN ALL ACTIVITIES INVOLVING MOTION OR HEIGHT. THIS EQUIPMENT IS TO BE USED ONLY BY PROPERLY TRAINED, QUALIFIED PERSONS UNDER SUPERVISED CONDITIONS. USE WITHOUT PROPER SUPERVISION IS DANGEROUS AND SHOULD NEVER BE UNDERTAKEN NOR PERMITTED. NORBERT'S ATHLETIC PRODUCTS, INC. SHALL NOT BE LIABLE NOR RESPONSIBLE FOR PERSONAL INJURY OR PROPERTY DAMAGE INCURRED THROUGH THE USE OR MISUSE OF THIS EQUIPMENT OR ANY OTHER PRODUCT MANUFACTURED BY NORBERT'S ATHLETIC PRODUCTS, INC.



- b. Inspect and test all connections to cables/ropes between spotting rig and Belt.
  - c. Ensure cast metal ring spins freely and is not bent, dented, out of round, or cracked from having been dropped or falling on floor, etc.
  - d. Test whether Inner fabric belt turns freely by pulling it through several rotations.
  - e. Determine whether clips are securely riveted to cast metal ring.
  - f. Check shock cord and rings through which cord is laced for signs of wear
  - g. Be sure buckle latches securely
7. **USING INCORRECT SIZE IS DANGEROUS! Twisting Belt must fit over user's hips. Belt sizes are designated according to ring diameter as follows:**

**G-016 Small Twisting Belt ring diameter is 11.5"**

**G-017 Medium Twisting Belt ring diameter is 12.5"**

**G-017 Large Twisting Belt ring diameter is 14.5".**

**Measure gymnast's hips to determine correct size for that person.**

8. Slip Twisting Belt on and adjust inner fabric Belt tightly enough to prevent slippage and fasten buckle securely.
9. NEVER use a Belt that doesn't properly fit user or cannot be tightened snugly around user's waist.
10. Ask gymnast if Twisting Belt fits snugly and comfortably.
11. After confirming gymnast's comfort, test Rotator Twisting Belt by slowly and steadily lifting gymnast
12. Prior to each spot, re-confirm with gymnast Belt is properly and comfortably secured.
13. If your belt does not spin freely AND—only after careful inspection—you're certain cast metal ring is not bent, warped, dented, cracked or otherwise damaged or overly worn, you may try lubricating bearing race. DO NOT USE GREASE OR OIL! Apply GRAPHITE LUBRICANT ONLY to bearings through slot between inner and outer rings.
14. If belt still does not spin freely, immediately discontinue use and contact Norbert's for instructions.

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