

## ASSEMBLY/INSTALLATION INSTRUCTIONS MBR-100 MINI BAR RING SET (PAGE 1 OF 2)

**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.**

### BEFORE YOU BEGIN, PLEASE READ THESE IMPORTANT TIPS!

- All connector components **MUST** be completely and securely shrouded.
- A 4" x 8" panel mat or mini bar-type mat **MUST** be used to stabilize bar and provide cushioning.
- The area where you will use the bar **MUST** be flat, level and free of any obstructions
- This bar is meant for indoor use; it can be used outside, but should **NEVER** be left out overnight.
- As with all gym equipment **PROPER SUPERVISION IS A MUST!**
- **NEVER** use the bar without first checking for loose fittings or damage.

### FAMILIARIZE YOURSELF WITH ALL SUPPLIED COMPONENTS. YOU SHOULD HAVE RECEIVED THE FOLLOWING:

1. Two complete strap/ring assemblies, each consisting of two sections of 1.75" wide nylon webbing connected by a metal slider buckle. Bottom section has been wrapped around a solid molded thermoplastic hand ring. Hook and loop strips are sewn to inside surface of top strap to permit adjustment within a 22" to 32" range.
2. Two vinyl shrouds designed to wrap around straps and secure using hook and loop fasteners.
3. Instruction Sheet.

### STEP 1

Loop one strap over bar and through top slot of slider buckle. Pull leading end of strap up and secure by firmly—and evenly—pressing entire hook surface to entire loop surface .

Install second strap as described above.

### IMPORTANT:

**10" OR MORE OF HOOK AND PILE VELCRO MUST BE FULLY AND SECURELY FASTENED TOGETHER TO PREVENT STRAPS FROM SEPARATING OR OPENING DURING USE.**



### **⚠ IMPORTANT CONSUMER PRODUCT HAZARD WARNING — PLEASE READ!**

A possibility of serious injury, including paralysis or death, is inherent in any activity involving motion or height. Equipment with which this notice is included is intended for use only by properly trained, qualified persons under supervised conditions. Use without proper supervision is dangerous and should not be undertaken or permitted. Know your limitations as well as the limitations of your equipment. Consult a qualified instructor before attempting any new activity or skill. This equipment must be used with proper mats, spotting equipment and qualified spotters for each activity or skill. Use this equipment only for its intended purpose. Do not modify equipment in any way. Inspect each component for damage, loose fittings or signs of wear before each use. Do not use if you have any concern as to the condition of this equipment. Test unit for stability prior to each use. Do not use if you have any concern about the stability, condition or suitability of this equipment. Inspect warning labels and replace when marred or damaged. Before each subsequent use, re-check equipment stability and settings.

## ASSEMBLY/INSTALLATION INSTRUCTIONS MBR-100 MINI BAR RING SET (PAGE 2 OF 2)

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### STEP 2

After ascertaining both straps are secure, wrap one shroud around each strap just above ring. Firmly and evenly press together hook and loop surfaces along shroud's entire length and width.



### IMPORTANT:

SHROUDS MUST COMPLETELY & SECURELY ENCLOSE CONNECTOR COMPONENTS.

### FULLY INSTALLED MBR-100 MINI BAR RING SET



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