

Installation of Quad Bars Model QD-450, 3' Trench Bar Model SB-153 and/or V-Base Bold Down Single Bar Model SB-155

This equipment is designed for installation on a concrete floor. You will need to provide the cement anchor bolts that are obtained from hardware stores or industrial supply stores. The size commonly used in a cement anchor bolt is 3/8" x 3".

1. Assemble the Single Bar Trainer or Quad Bar completely with the rail(s) in place. Center the moveable end piece that the rail is attached to so adjustment may be made in either direction when and if necessary. The moveable end piece can be moved after loosening the setscrews and then after the adjustment is made, tighten the setscrews.
2. Lower the rail to its lowest setting.
3. Place the complete unit in position at desired location.
4. Mark the floor through the holes in the bases of the equipment to get exact location for the holes to be drilled in the floor.
5. Move the equipment being installed aside and drill the holes in the concrete using manufacturers specifications and recommendations for the cement anchor bolts being used. (i.e. drill size, depth of hole, etc.)
6. Move the equipment into place and snug down all bolts.
7. It is important to use a level to determine if the uprights are exactly vertical so height adjustments of the bar may be made without the sliding collars dragging or binding. If the floor is evenly flat, the equipment's uprights will be exactly vertical and ready to use after tightening of the cement anchor bolts.
8. Provisions must be made if the floor is uneven by shimming beneath one or more of the bases to attain vertical positioning of the uprights.
9. After final tightening of the floor anchor bolts, check the ease in which the rail may be positioned for height. It may be that a slight adjustment to the moveable end piece bolted to the rail is needed to allow free movement when raising or lowering the rail. After the adjustment is made, or even if you determine no adjustment is needed, be sure to tighten the set screws very tight.



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.