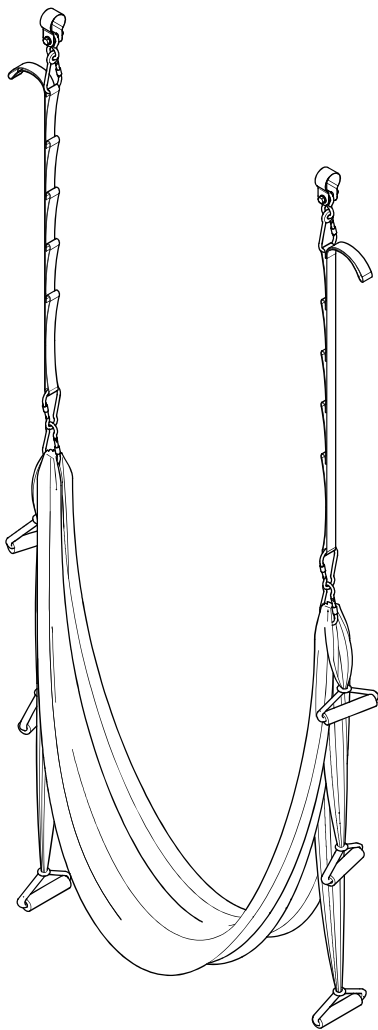
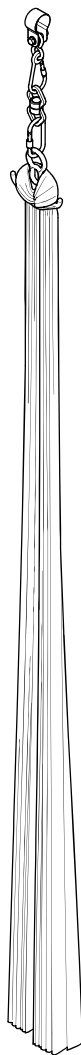


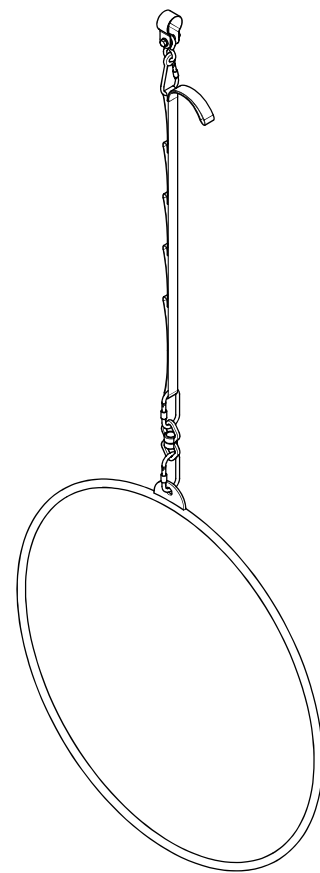
# FUNKY Monkey bars<sup>®</sup>



YOGA SWING



AERIAL SILK



AERIAL HOOP

**AERIAL GYMNASTICS ACCESSORIES  
ASSEMBLY INSTRUCTIONS**

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## WARNING

PLEASE CAREFULLY READ ALL INFORMATION CONTAINED IN THIS ASSEMBLY MANUAL BEFORE YOU INSTALL AND USE YOUR FUNKY MONKEY BARS® AERIAL GYMNASTICS EQUIPMENT.

## SAFETY NOTICE

1. Aerial yoga or gymnastics is a very specialised discipline. The aerial equipment in this assembly manual and can never be used without adult supervision or a spotter.
2. Only one person at a time on any of the aerial equipment
3. Use the yoga swing as a yoga swing is intended to be used. Do NOT warp yourself up and spin around as this may lead to body parts getting caught or wrapped up in the material.
4. Any person handling or using the Funky Monkey Bar Aerial Equipment must follow the instructions as described in this document. The person in charge of assembly must ensure that the recommendations for use given in this document are seen by all users.
5. Ensure that all Aerial Equipment is checked before use. Especially all fixings, swivels and carabiners to ensure they are fully tight and secure.
6. Ensure the silk and yoga swing material is checked before each use to ensure there is no fraying, rips or any deterioration of any kind.
7. This product is intended to be used as play and individual training equipment.
8. Adult supervision or a spotter required at all times.
9. Do not exceed the weight limit, 130kg for equipment- refer to frame instructions for total load.
10. Do not use when wet.
11. Do not wear loose clothing, or any item that could get caught and result in strangulation.
12. Install and maintain regularly as detailed.
13. Replace any worn, defective or missing parts.
14. Do not install over a hard surface like concrete, asphalt or hard packed earth.
15. For a complete list of cautionary statements and instructions refer to Standards AS4685.1, ASTM F1148 and EN1176

For additional information concerning your Funky Monkey Bars®, please contact our customer service team or check our website for any important updates. Phone 1300 912 198 or [www.funkymonkeybars.com](http://www.funkymonkeybars.com)

## DOS AND DONT'S

### **DO WARM-UP FIRST**

It's very important for all forms of aerial exercise to warm up properly before beginning your aerial workout to reduce the chance of injury.

You may be able to incorporate your aerial equipment into your warm-up.

### **DON'T WEAR LOTIONS OR MOISTURISERS**

Your silks and yoga swing will absorb lotions and moisturisers from your skin and quickly become dirty and potentially slippery.

### **DON'T LEAVE YOUR SILKS OR YOGA SWING HANGING PERMANENTLY OUTSIDE**

The material used to create an aerial silk and yoga swing is delicate, so please do not leave hanging outdoors when not in use for the increased longevity of your product.

### **DO USE A SPOTTER**

If you're attempting new tricks or trying to advance your skill level, have a spotter with you.

Ideally, you'll want a spotter who understands aerial tricks and can give you advice and guidance. Explain the steps you're going to take and when you might need their help so they can be prepared.

### **DON'T ATTEMPT TOO MUCH TOO SOON**

You need to work through your progress on aerial equipment in stages, do not be tempted to rush ahead to the more advanced moves immediately.

If you try too much too soon, you risk injuring yourself.

Be patient and remember that it's better to perform a basic trick perfectly than a wobbly advanced trick!

### **DO USE AS INTENDED**

Your aerial equipment must only be used as intended ie. do not spin yourself into a cocoon on the aerial silks or aerial yoga swing as it can result in serious injury.

Use the handles on the Yoga swing to safely pull yourself up and out of a position.

### **DON'T WEAR LOOSE CLOTHING**

Don't wear loose clothing or clothing with hoods and cords as they can be a strangulation risk.

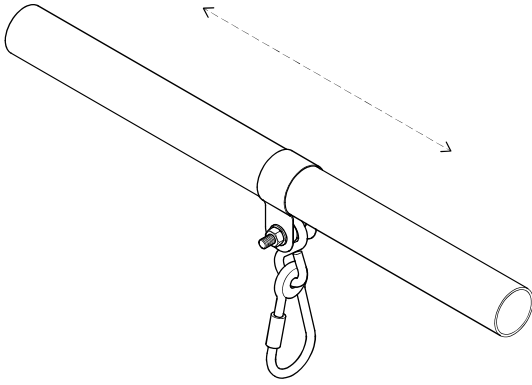
### **DO INSTALL EVERYTHING CORRECTLY**

Please follow the assembly instructions for your frame and your aerial equipment carefully and ensure frequent maintenance checks and tightening of your frame as per the instructions.

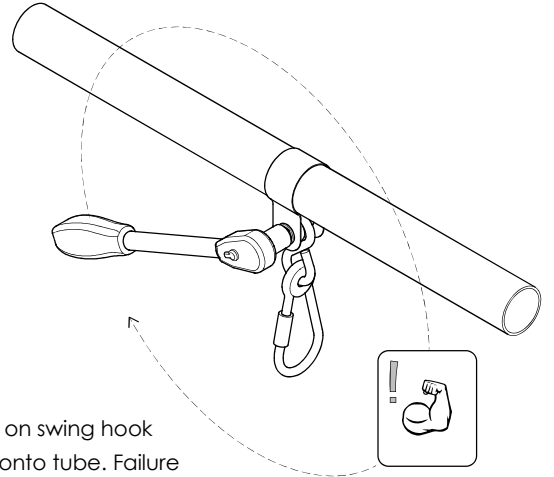
### **DON'T TAKE UNNECESSARY RISKS**

When it comes to any aerial sport, taking risks can be dangerous. Please use aerial equipment carefully, take progressive steps and follow our Dos and Don'ts to play and train safely.

## CORRECT TIGHTENING OF SWING HOOKS - (INDICATIVE DIAGRAM SHOWN)



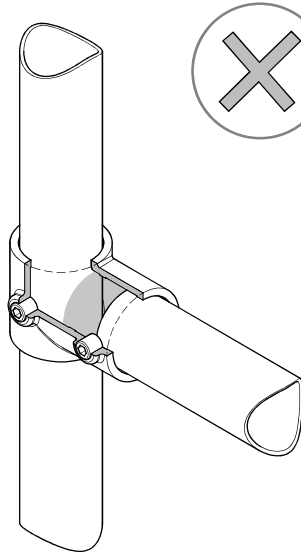
1. Slide the swing hook along the tube until the desired location.



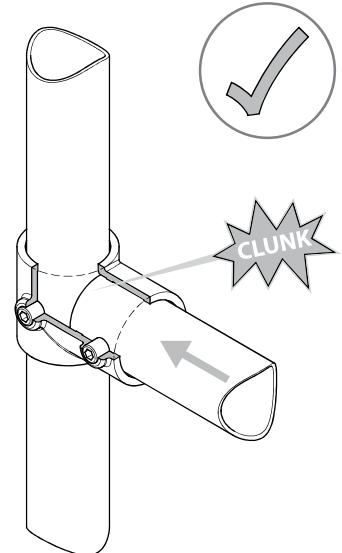
2. Fully tighten bolt on swing hook to clamp tightly onto tube. Failure to do so can result in **serious injury**.

## CORRECT INSERTION INTO FITTINGS - (INDICATIVE DIAGRAM SHOWN)

All tubes must be fully inserted until contact is made with adjoining tube.

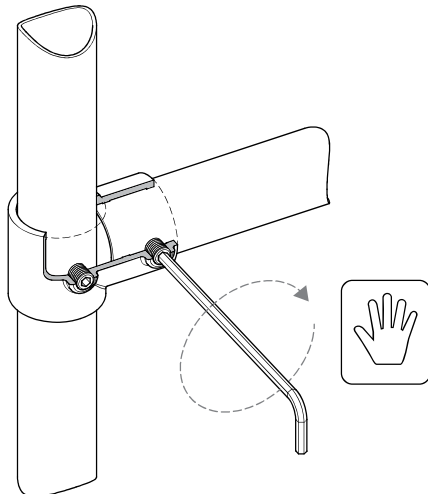


Gap.

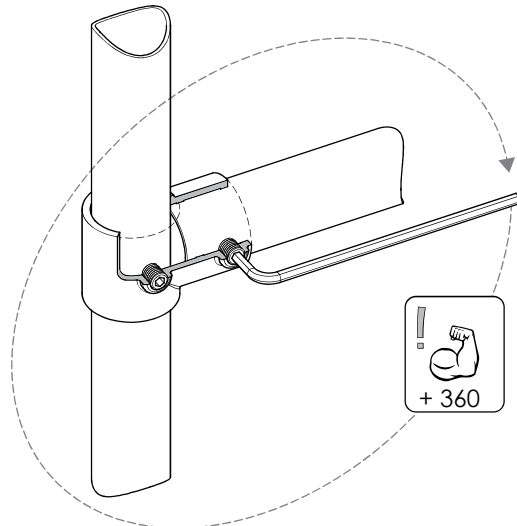


No gap.

## CORRECT TIGHTENING METHOD OF GRUB SCREWS - (INDICATIVE DIAGRAM SHOWN)



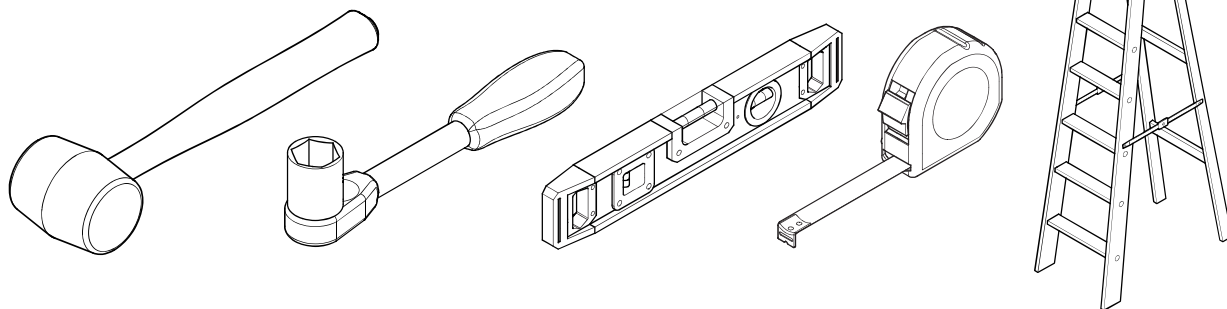
1. With long end of allen key, hand tighten grub screw as much as possible.



2. Using other end of the allen key do one full 360 degree turn as a minimum, use muscles!



## TOOLS REQUIRED FOR INSTALLATION - (VARIES FOR EACH ACCESSORY)



**1x**  
8mm Allen key  
(Included  
with frame)

**1x**  
Soft Hammer  
(Not included)

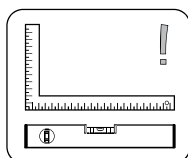
**1x**  
17mm Ratchet  
(Not included)

**1x**  
Spirit Level  
(Not included)

**1x**  
Tape Measure  
(Not included)

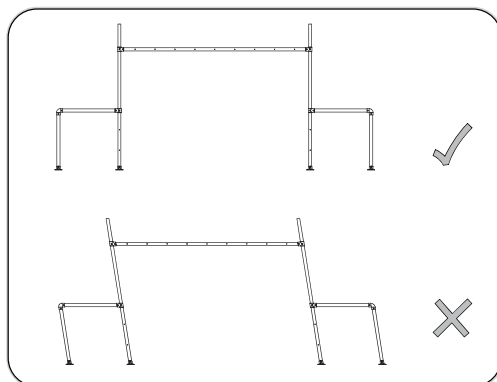
**1x**  
3m Step Ladder  
(Not included)

## IT IS CRITICAL YOUR MAIN FRAME IS 100% SQUARE AND LEVEL BEFORE ACCESSORY INSTALLATION

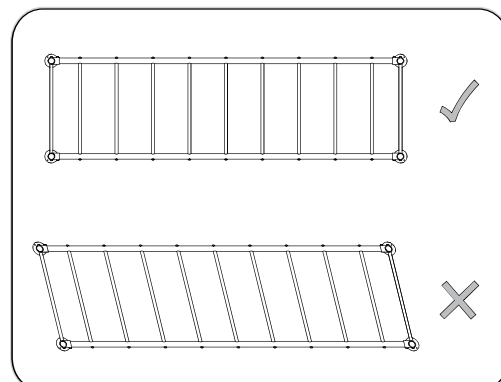


Check assembly is 100% level, square & straight.

**SIDE VIEW**



**PLAN VIEW**

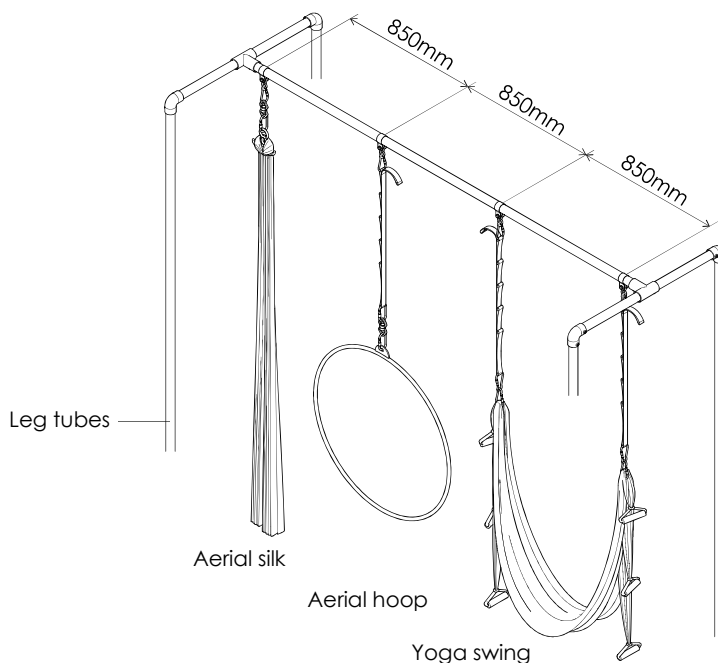


If your frame is not straight or level remove pegs, loosen grub screws, re-adjust re-tighten and re-peg the frame.

## INSTALLING MULTIPLE ACCESSORIES

When installing multiple Aerial Gymnasium Accessories on an accessories bar ensure the following.

1. All accessories are evenly spaced away from each other. (850mm minimum)
2. The Yoga Swing hooks needs to be a minimum of 800mm apart.
3. The Aerial hoop should be located in the central position to avoid clashing with any leg tubes.



## 1 CHECK INVENTORY - (NOT TO SCALE)

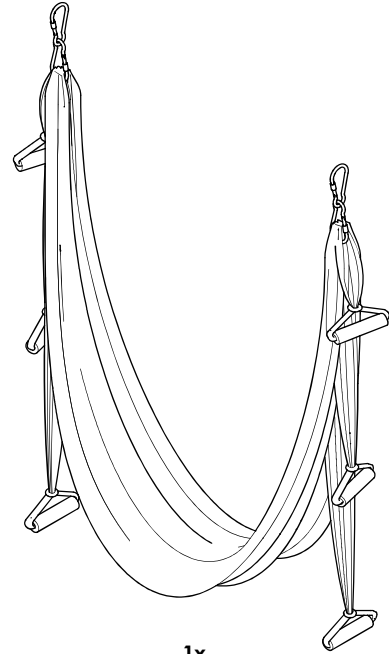
Check that you have the following items before assembling your Funky Monkey Bars® Yoga Swing.



**2x**  
Swing Hook

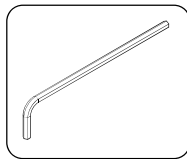
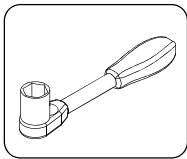


**2x**  
Height Adjustable  
Webbing Strap

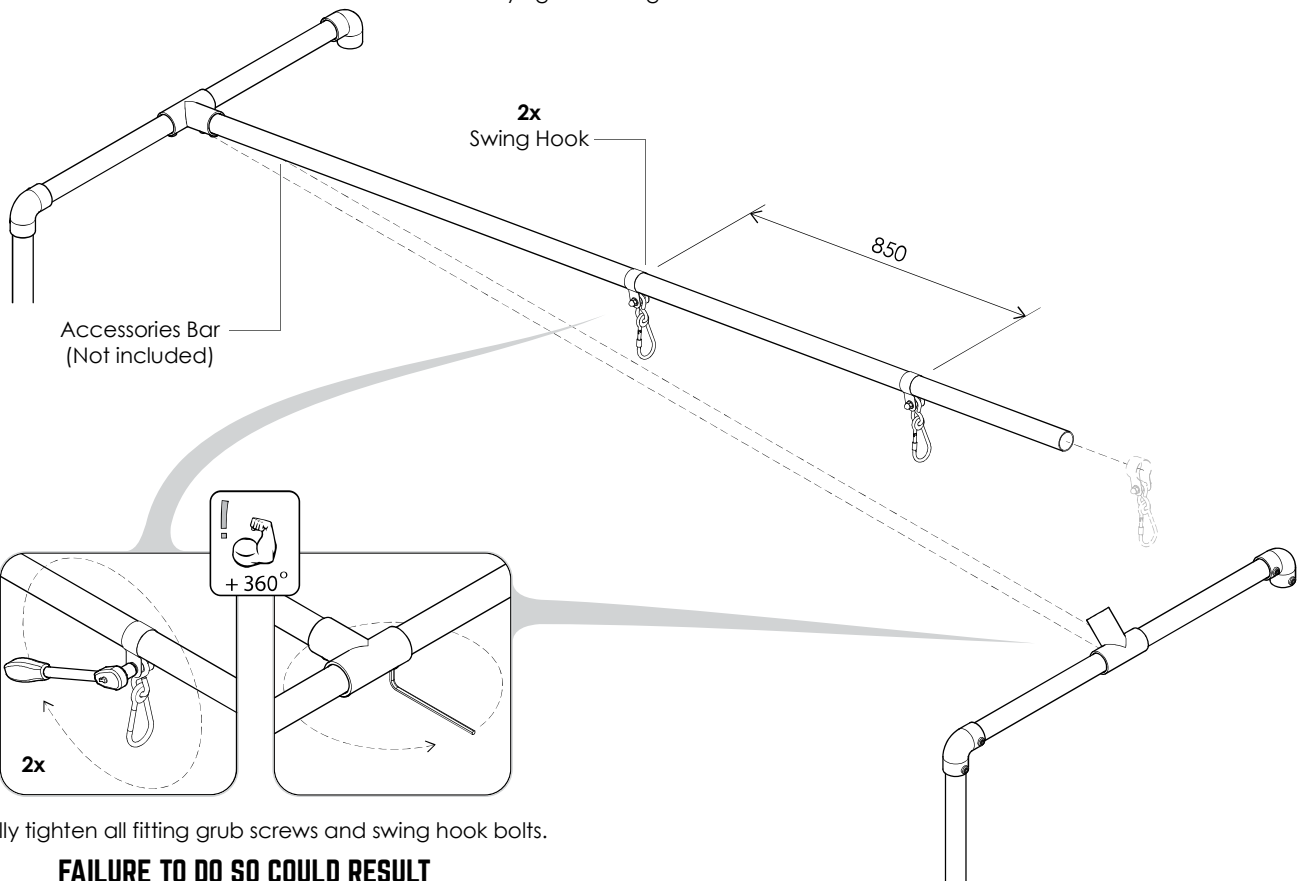


**1x**  
Yoga Swing  
with carabiner shackles

## 2 INSTALL SWING HOOKS AND TIGHTEN BOLTS



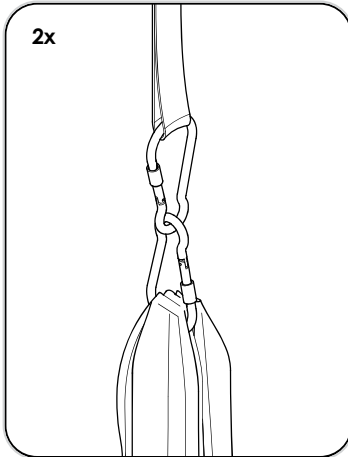
1. If swing hooks are not already positioned on an accessories bar attach now.
2. Loosen any necessary fittings and slide swing hooks onto tube into desired location. Ensure the swing hooks are placed away from other approved Funky Monkey Bars® accessories and are spaced 850mm apart.
3. Fully retighten any loosened fittings.
4. Fully tighten swing hook bolts.



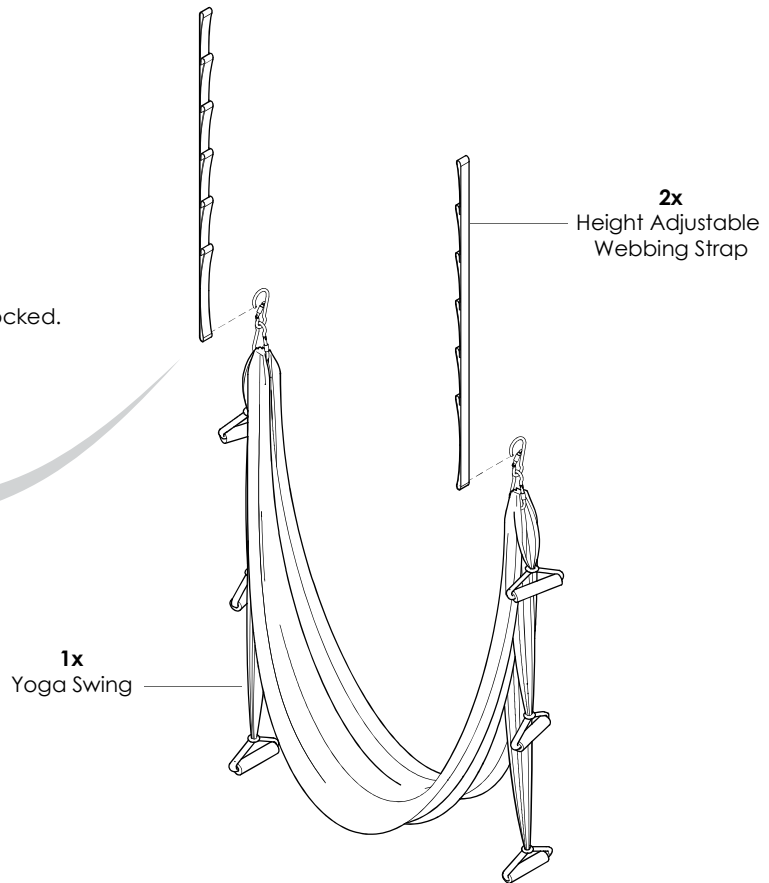
### 3 ASSEMBLE YOGA SWING



1. Open top carabiner shackles on yoga swing and attach to bottom hoop of the height adjustable straps.
2. Ensure carabiner shackles are fully closed and locked. Mind your fingers!



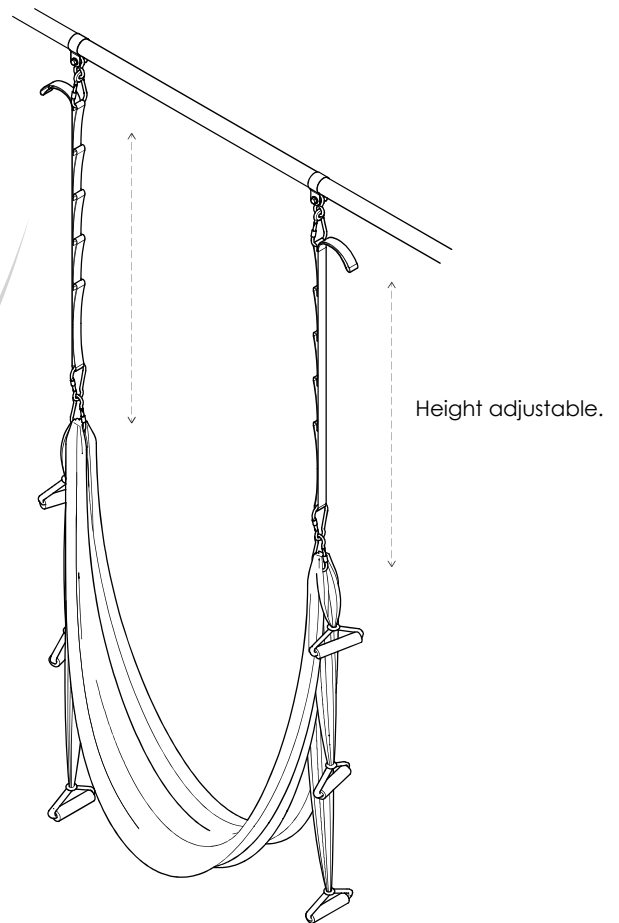
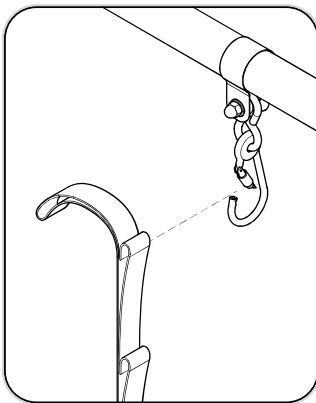
Feed adjustable webbing strap into carabiner shackle x2.



### 4 ATTACH YOGA SWING - SELECT HEIGHT



1. Ensure swing hook bolts are fully tightened. Failure to do so can result in **serious injury**.
2. Open swing hook shackle and slot height adjustable webbing strap in. By selecting different hoops you can vary the height of your yoga swing.
3. Repeat on other side and ensure shackles are closed & locked. Mind your fingers!

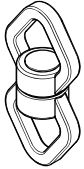


### 5 FINAL CHECKS

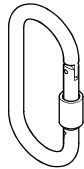
Please refer to the final checks and maintenance steps at the back of the booklet, (Page 11).

## 1 CHECK INVENTORY - (NOT TO SCALE)

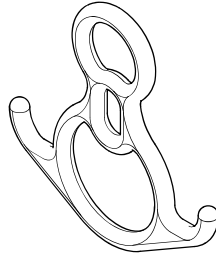
Check that you have the following items before assembling your Funky Monkey Bars® Aerial Silk.



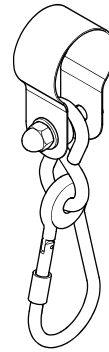
1x Aluminium Swivel



1x Black Carabiner



1x Figure 8

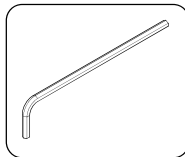
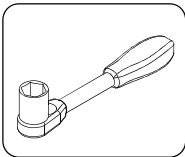


1x Swing Hook

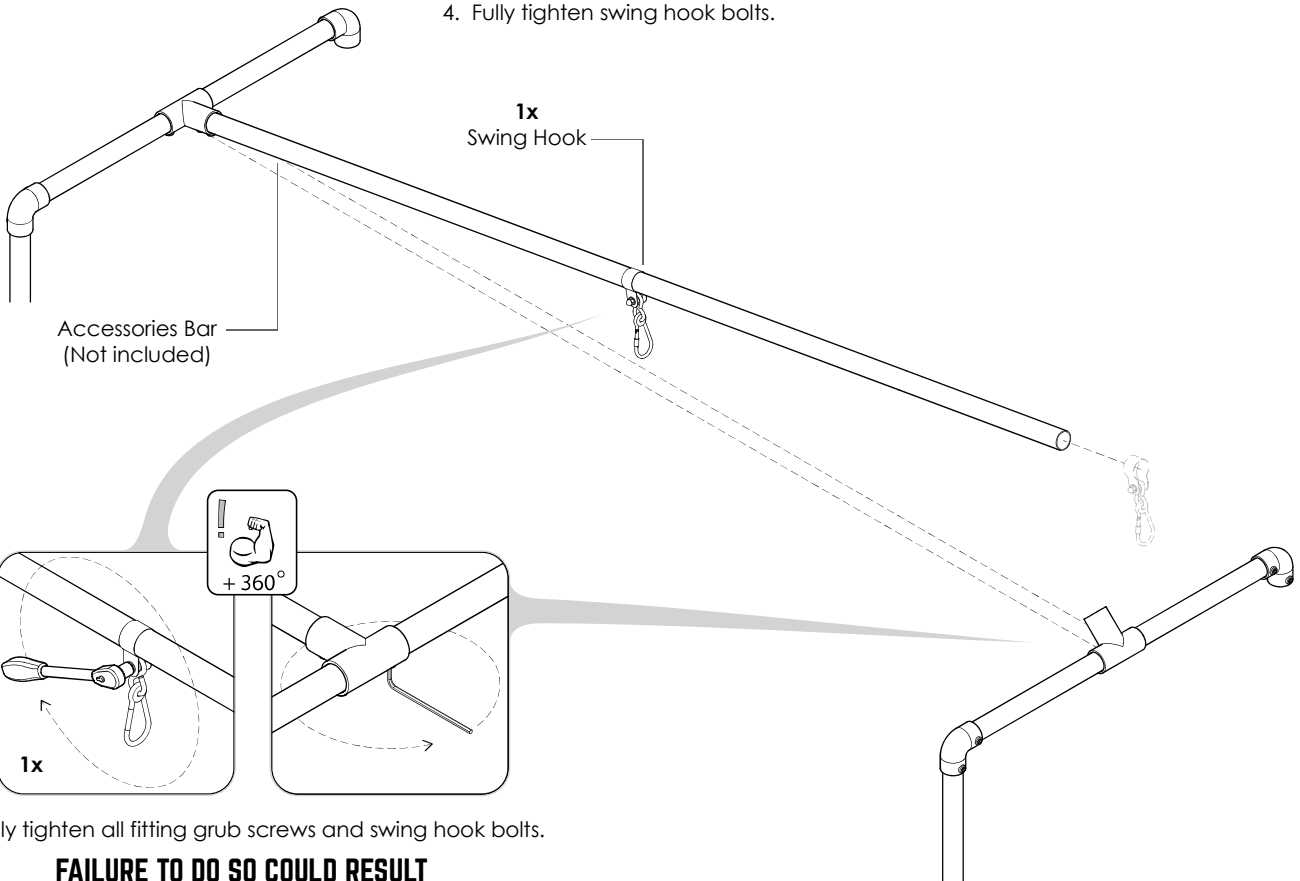


1x Silk

## 2 INSTALL SWING HOOK AND TIGHTEN BOLTS



1. If swing hook is not already positioned on an accessories bar attach now.
2. Loosen any necessary fittings and slide swing hook onto tube into desired location. Ensure the swing hook is placed evenly away from other approved Funky Monkey Bars® accessories, leg tubes and at least 800mm apart from nearest swing hook.
3. Fully re-tighten any loosened fittings
4. Fully tighten swing hook bolts.



Fully tighten all fitting grub screws and swing hook bolts.

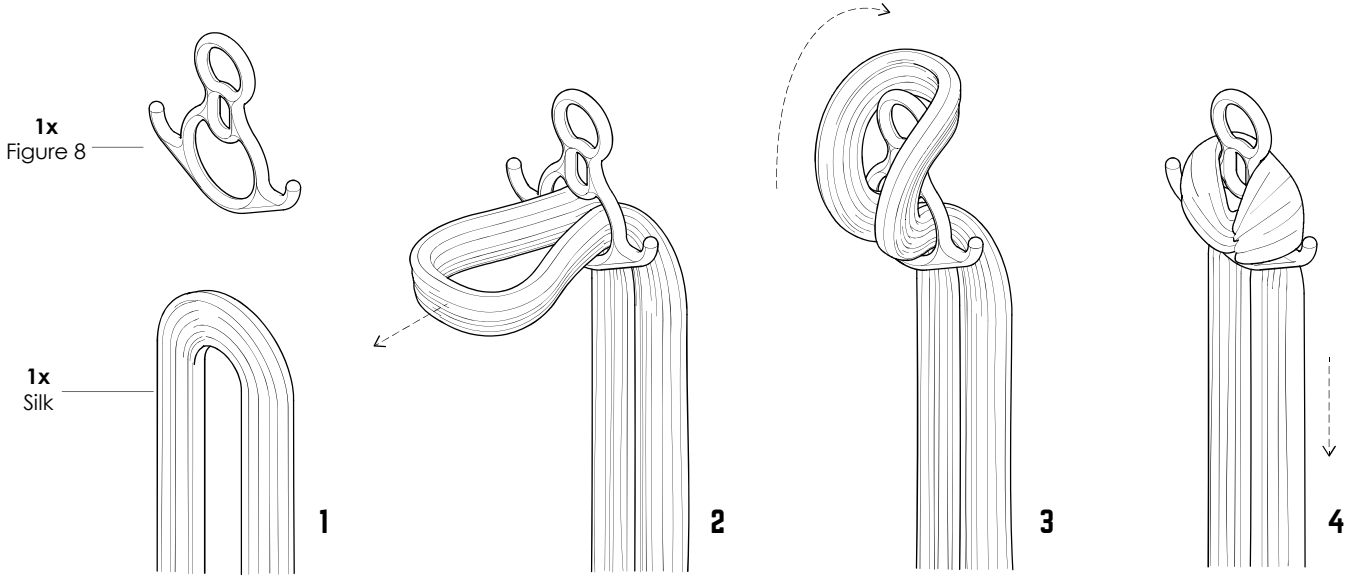
**FAILURE TO DO SO COULD RESULT  
IN SERIOUS INJURY OR DEATH.**



### 3 ASSEMBLE AERIAL SILK



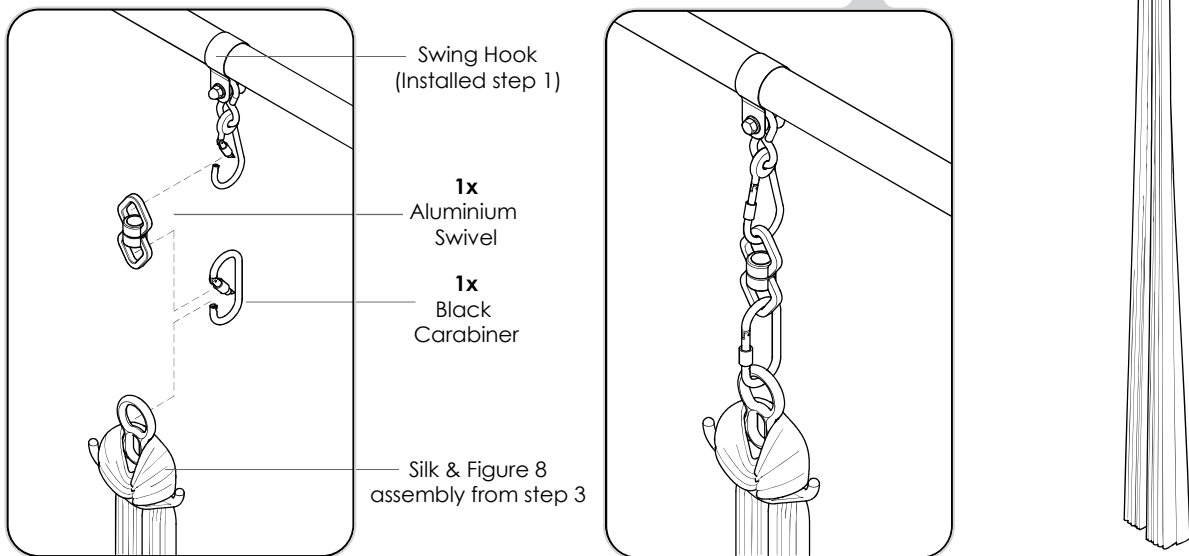
1. Find the middle of the silk and fold with equal lengths either side.
2. Thread the silk midpoint through the larger ring of the figure 8.
3. Pass the silk loop over the top ring of the figure 8.
4. Pull down on the lengths of the silk to secure in place.



### 4 ATTACH AERIAL SILK



1. Ensure swing hook bolts are fully tightened. Failure to do so can result in **serious injury**.
2. Attach black carabiner to aluminium swivel and figure 8 top small ring.
3. Attach other end of aluminium swivel to the swing hook. Ensure all shackles are closed and locked. Mind your fingers!

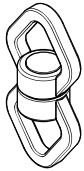


### 5 FINAL CHECKS

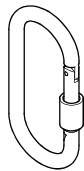
Please refer to the final checks and maintenance steps at the back of the booklet, (page 11).

## 1 CHECK INVENTORY - (NOT TO SCALE)

Check that you have the following items before assembling your Funky Monkey Bars® Aerial Hoop.



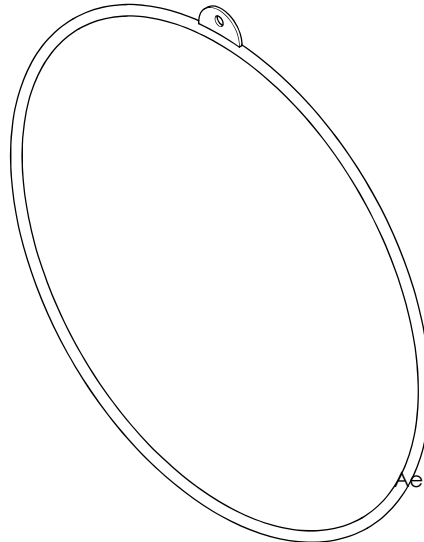
1x Aluminium Swivel



2x Black Carabiner



1x Swing Hook

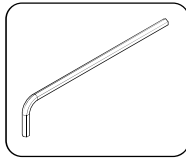
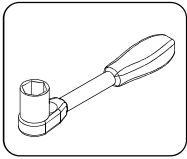


1x Aerial Hoop

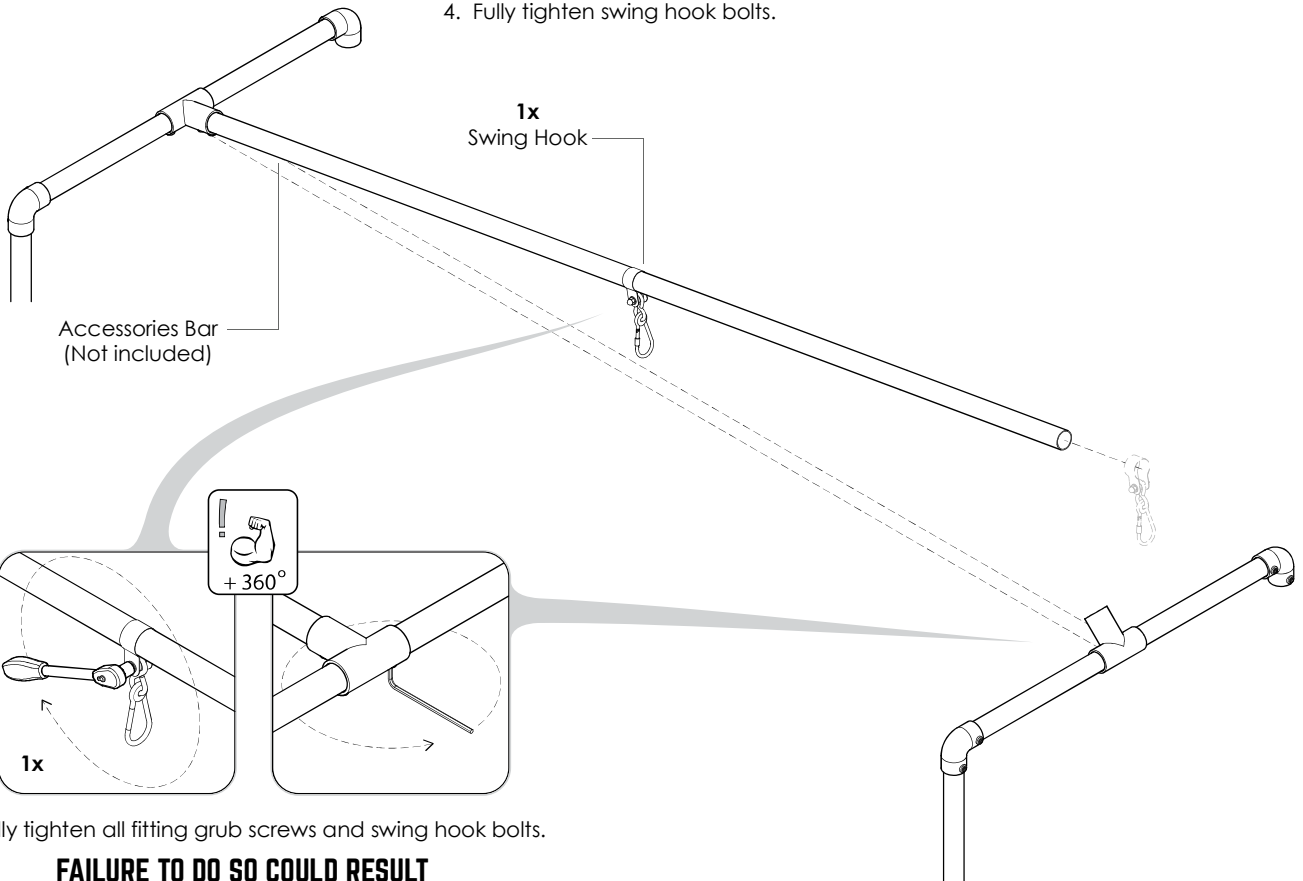


2x Height Adjustable Webbing Strap

## 2 INSTALL SWING HOOK AND TIGHTEN BOLTS



1. If swing hook is not already positioned on an accessories bar attach now.
2. Loosen any necessary fittings and slide swing hook onto tube into desired location. Ensure the swing hook is placed evenly away from other approved Funky Monkey Bars® accessories, leg tubes and at least 800mm apart from nearest swing hook.
3. Fully re-tighten any loosened fittings
4. Fully tighten swing hook bolts.

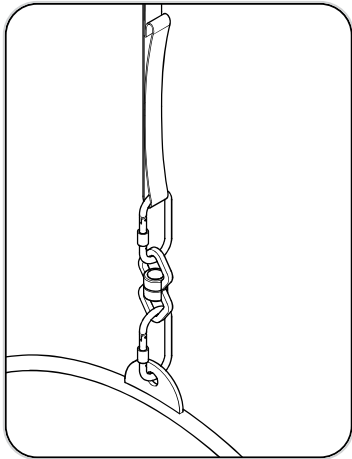


**FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH.**

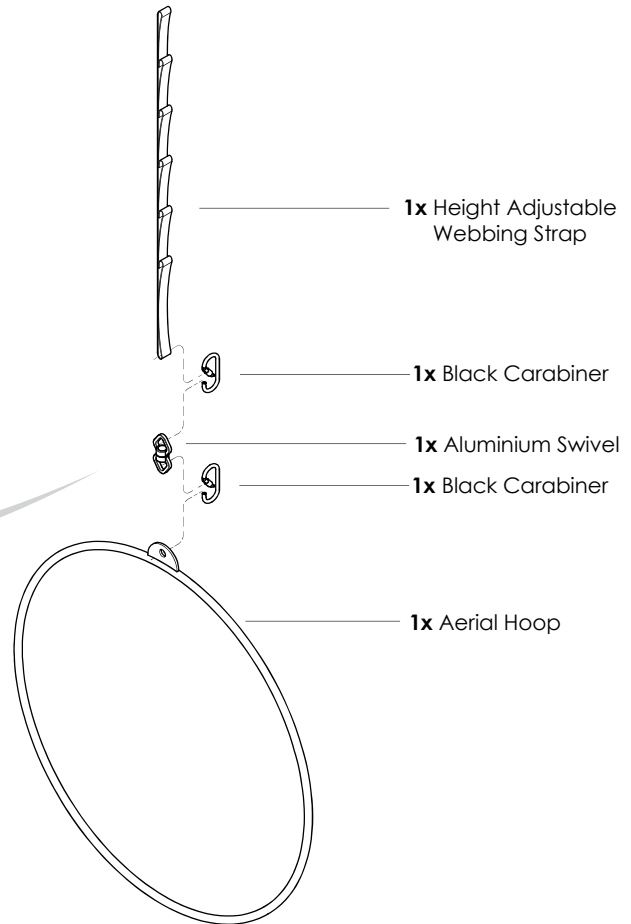
### 3 ASSEMBLE AERIAL HOOP



1. Open & attach 2x carabiners to the top and bottom of the aluminium swivel.
2. Connect the top carabiner to the bottom hoop of the height adjustable webbing strap and the lower carabiner to the aerial hoop.
2. Ensure carabiner shackles are fully closed and locked. Mind your fingers!



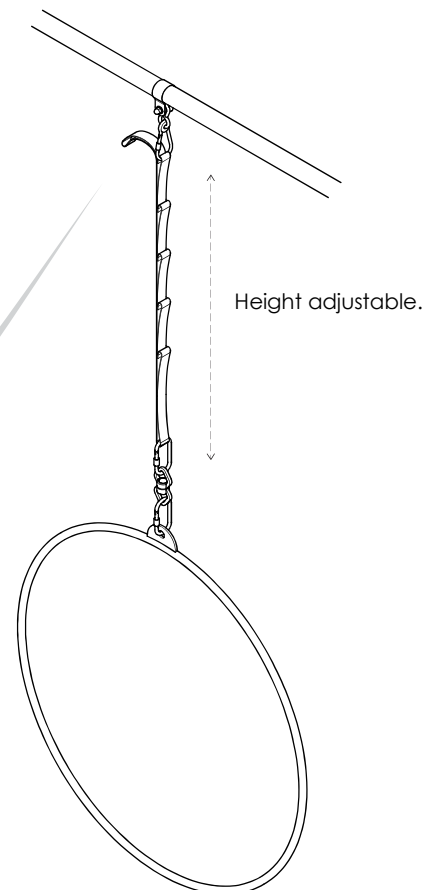
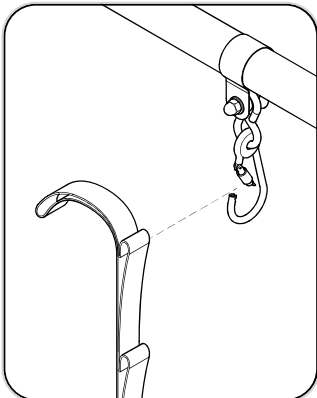
Connect and lock fittings as shown



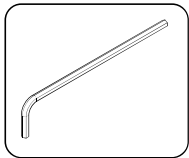
### 4 ATTACH AERIAL HOOP - SELECT HEIGHT



1. Ensure swing hook bolt is fully tightened. Failure to do so can result in **serious injury**.
2. Open swing hook shackle and slot height adjustable webbing strap in. By selecting different hoops you can vary the height of your aerial hoop.
3. Ensure shackles are closed & locked. Mind your fingers!



## 5 FINAL CHECKS

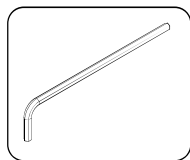
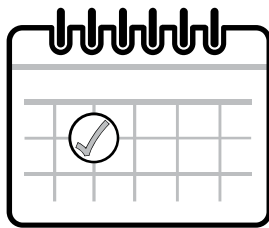


1. Ensure all swing hook bolts are firmly tightened.
2. Check that all other grub screws and rung bolts on your frame are fully tightened.
3. The entire Funky Monkey Bars® frame is pegged down.
4. Check all carabiner shackles are closed and locked.

NOTE: When aerial silks and yoga swings are NOT in use, bring indoors to prolong life of this product.

## 6 ENJOY!

### MAINTENANCE GENERAL



1. At the beginning of each heavy play session we recommend the following maintenance processes be performed on your Funky Monkey Bars®:
  - Tighten all bolts, grub screws and applicable hardware (as per page 3)
  - Lubricate all metallic moving parts as per instructions (flying fox, swing hooks etc)
  - Check all protective coverings on bolts, pipes, edges and corners. Replace if they are loose, cracked or missing.
  - Check all moving parts including swing seats, shackles, snap hooks, chains and trolleys for wear, rust, or other deterioration. Replace as needed.
  - Pegs are in place and fully secure.
  - Ensure your frame is level and square.
2. Twice a month during play season we would recommend the following maintenance processes be performed on your Funky Monkey Bars®:
  - Tighten all connections and hardware, ensure pegs are fully secure
  - Check all protective coverings on bolts, pipes, edges and corners. Replace if they are loose, cracked or missing.
3. Once a month during play season we would recommend the following maintenance processes be performed on your Funky Monkey Bars®:
  - Lubricate all metallic moving parts as per instructions (flying fox, swing hooks etc). If swings start to squeak then lubricate swing hooks.
  - Check all moving parts including swing seats, ropes, chains and trolleys for wear, rust, or other deterioration. Replace as needed.
  - Owners shall be responsible for maintaining the legibility of any warning labels.

For additional information concerning your Funky Monkey Bars®, please contact our customer service team or check our website for any important updates. Phone -1300 912 198 or [www.funkymonkeybars.com](http://www.funkymonkeybars.com)

**FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH.**

## **MAINTENANCE AND WARRANTY - AERIAL GYMNASTICS ACCESSORIES AND WARRANTY**

Yoga swing and silk material is not designed to be left outside in the elements. When not in use these items need to be brought inside in order to reduce deterioration and prolong longevity. The warranty on these items is 12 months but they are NOT designed to be left outside for 12 months straight.

At the beginning of every session we recommend that you complete the following maintenance processes are performed on your Funky Monkey Bar Aerial Gymnastics equipment:

- Visually check all fabric components, silks, straps, handles etc for any sign of wear, loose stitching, fraying or deterioration.
- Ensure all hardware, including swivels, carabiners, swing hooks are moving freely and showing no signs of deterioration. On a monthly basis apply some lubricant such as WD40 to all metal parts.
- Check the Funky Monkey Bar frame work and ensure all connections and grub screws are tight and secure.
- Ensure your Funky Monkey Bar is always pegged and secured to the ground
- Ensure your Funky Monkey Bar frame is level and square.

The warranty of the below products is;

- Yoga Swing – 12 months
- Silks – 12 months
- Aerial Hoop 12 – months

**FOR ADDITIONAL INFORMATION CONCERNING YOUR FUNKY MONKEY BAR, PLEASE CONTACT OUR CUSTOMER SERVICE TEAM OR CHECK OUR WEBSITE FOR ANY IMPORTANT UPDATES. PHONE – 1300 912 198 OR [WWW.FUNKYMONKEYBARS.COM](http://WWW.FUNKYMONKEYBARS.COM).**



# AERIAL HOOP & SILK MAINTENANCE

## Amendment to instructions

### AERIAL HOOP & SILK SWIVEL

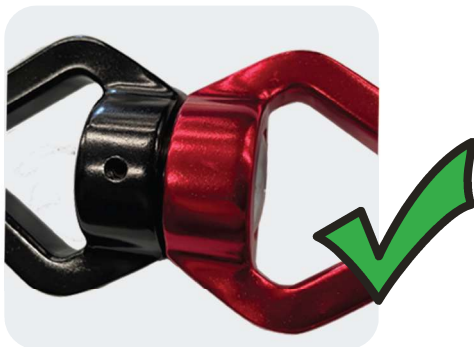
The Aerial Swivel bracket included in the Aerial Hoop & Aerial Silk equipment **must** be checked and maintained regularly to ensure it is safe and secure **at all times**.



**PLEASE NOTE:** Prior to use, it is recommended that the following maintenance steps are taken to ensure safe usage and reduce the risk of any accident. Ongoing maintenance should occur **monthly** if the equipment is being used regularly.

- 1 Ensure the gap between the black and red components is minimal - there should be no thread showing. If there is thread showing then the swivel needs to be tightened.

**Tight:**



**Needs to be tightened:**



- 2 To tighten the Aerial Swivel, you will need a 5mm and a 2mm allen key.

*(continued...)*

- 3** Insert the **5mm allen key** into the top of the red component and at the same time, hold the black component still. Turn the allen key clockwise until the gap has been reduced and both components spin freely and smoothly without friction.



- 4** Insert the **2mm allen key** into the 4mm hole on the black section, then fully tighten the grub screw as much as you can. The grub screw in this component prevents both the red and black sections from coming apart.



**PLEASE NOTE:** the small grub screw in **Step 4** should be checked regularly and prior to heavy play or exercise sessions. Failure to check this may result in the grub screw coming loose and potentially falling out, causing the Aerial Swivel to fail.



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