

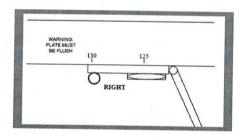
## Important Warning JF Balance Beam

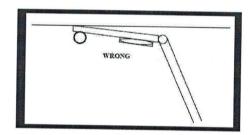
Important information for the buyer and <u>all users</u> of the <u>Janssen-Fritsen</u> height adjustable <u>Balance Beam</u>.

This beam should only be adjusted by coaches trained in adjusting Janssen-Fritsen Balance Beams.

To adjust beam: Loosen fluted knob that secures the adjusting plate. With thumb in the loop on the bottom of the plate, pull the plate downward and depress beam with other hand to lower or lift beam to raise. Use caution and keep fingers away from the adjusting plate and channel when beam is being raised and lowered.

Check height adjustment marks on side of beam (these will line up with your thumb in the loop) and tighten knob at underside of plate so that plate tightens ABSOLUTELY FLUSH WITH THE BOTTOM OF THE BEAM. A visual inspection is required to make sure there is NO space between the plate and the bottom of the beam. If there is any angle between the adjustment plate and the bottom of the beam body, the beam is NOT adjusted properly, its stability may be compromised and the beam could fall.





When adjusting the beam and before tightening the plate, you may need to lift the beam so that the pin on the adjusting plate aligns properly and allows the plate to tighten and be perfectly flush with the bottom of the beam. When the beam raises and lowers, the bottom foot of the beam rolls, but does not slide in or away from the beam. Thus the gentle lift allows the beam legs to rotate so that beam can be tightened into place properly.

## Janssen-Fritsen Gymnastics b.v.

Willem Bouwman Export Manager