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> GYMAX Folding Balance Beam User Manual

GYMAX CA-GM1325

GYMAX Folding Balance Beam User Manual

INTRODUCTION

Thank you for choosing the GYMAX Folding Balance Beam. This manual provides essential information for the safe and effective use, setup, and maintenance of your new balance beam. Please read these instructions thoroughly before initial use and retain them for future reference.

This balance beam is designed to support gymnastic training for various skill levels, from beginners to more experienced users. Its foldable design ensures portability and convenient storage, making it suitable for home use or gymnastic clubs.

SAFETY INFORMATION

- Always use the balance beam on a flat, stable, and non-slip surface.
- Ensure adequate clear space around the beam to prevent collisions during use.
- Supervise children at all times when using the balance beam.
- Inspect the beam for any damage or wear before each use. Do not use if damaged.
- The maximum weight capacity for this balance beam is 160 lbs. Do not exceed this limit.
- Wear appropriate athletic attire and footwear (or bare feet) suitable for gymnastics.
- Begin with basic exercises and gradually progress to more complex maneuvers as skill improves.

PACKAGE CONTENTS

Verify that all components are present before assembly and use:

- 1 x Folding Balance Beam
- 1 x User Manual (this document)

SETUP INSTRUCTIONS

The GYMAX Folding Balance Beam is designed for quick and easy setup.

1. **Unfolding the Beam:** Place the folded beam on a clean, flat surface. Gently unfold the two sections of the beam, ensuring the stainless steel hinge is fully extended and locked into place.
2. **Positioning:** Position the unfolded beam on a stable floor. The anti-slip PVC bottom cloth and anti-skid foot pads are designed to keep the beam secure during use.

Foldable & Lightweight Design

Easy to store and carry



Image: The balance beam features a foldable and lightweight design for easy storage and transport. It can be seen folded, unfolded, being carried by a child, and stored compactly under furniture.

FOLDABLE & PORTABLE DESIGN



Image: Detailed view of the folding design and integrated carry handle, highlighting the portability of the balance beam.

OPERATING INSTRUCTIONS

The GYMAX Folding Balance Beam is suitable for practicing a variety of gymnastic maneuvers. Always ensure proper technique and safety precautions.

- **Basic Walking:** Start by walking slowly across the beam, focusing on balance and posture.
- **Turns and Poses:** Practice simple turns and hold various poses to improve stability and control.
- **Advanced Maneuvers:** For experienced users, the beam can be used for cartwheels, handstands, walkovers, and jumps. Ensure you have sufficient skill and supervision for these exercises.

7FT Gymnastic Balance Beam



Cartwheel



Handstand



Walkover



Jump

Image: A gymnast demonstrates a cartwheel on the 7ft balance beam, illustrating its use for various gymnastic maneuvers.



Image: A young girl practices balance exercises on the beam, showcasing its suitability for home training.



Image: A young child is shown walking on the balance beam under adult supervision, emphasizing safe practice.

MAINTENANCE

Proper care will extend the life of your balance beam.

- **Cleaning:** Wipe the suede surface with a damp cloth and mild soap if necessary. Avoid harsh chemicals or abrasive cleaners. Allow to air dry completely before folding or storing.
- **Storage:** When not in use, fold the balance beam and store it in a dry, cool place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check the stainless steel hinge for smooth operation and ensure all components are secure.

TROUBLESHOOTING

If you encounter any issues with your GYMAX Folding Balance Beam, consider the following:

- **Beam feels unstable:** Ensure the beam is fully unfolded and the hinge is locked. Verify it is placed on a flat, even surface. Check that the anti-skid foot pads are making full contact with the floor.
- **Difficulty folding/unfolding:** Ensure the hinge mechanism is clean and free of debris. Do not force the beam; if resistance is met, check for obstructions.
- **Suede surface wear:** Normal wear and tear may occur over time. Regular cleaning and proper storage can help maintain the surface.

SPECIFICATIONS

| Feature | Detail |
|--------------------|-------------------------------------|
| Model Name | balance beam |
| Overall Dimensions | 7ft x 4in x 3" (L x W x H) |
| Folding Dimensions | 3.5ft x 4in x 6" (L x W x H) |
| Net Weight | 9 Pounds |
| Weight Capacity | 160 lbs |
| Material | Suede, EPE/EVA Foam, Pine Wood, PVC |
| Color | Blue |
| Part Number | CA-GM1325 |

Product Dimension



Image: Detailed product dimensions for both the unfolded and folded states of the balance beam.

WARRANTY

The GYMAX Folding Balance Beam comes with a 90-day warranty from the date of purchase. This warranty covers manufacturing defects under normal use. Please retain your proof of purchase for any warranty claims.

CUSTOMER SUPPORT

For further assistance, questions, or to report any issues with your GYMAX Folding Balance Beam, please contact our customer support team. Refer to the contact information provided with your purchase or visit the official GYMAX website for support details.

