



GYMNOVA GN3700 Ring Frame with Adjustable Elasticity Instruction Manual

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GYMNOVA

NM9j 29/1/06

RING FRAME 3700

AssemBLY INSTRUCTIONS



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GN3700 Ring Frame with Adjustable Elasticity

Warning:

This equipment should be installed by a qualified individual.

The apparatus should be used by only one person at a time, supervised by a qualified individual and with appropriate landing mats or a landing pit.

Using this equipment for purposes other than those originally intended is not allowed.

Compliance:

This equipment complies with the requirements of the European standards EN 913 "Gymnastic equipment – General safety requirements and test methods" and EN 12655 "Gymnastic equipment – Rings — Safety requirements and test methods".

This equipment is F.I.G. approved.

Recommendations:

As shown in French Standard NF 52-400 the following is recommended:

- keep these instructions for subsequent reference (inspection, maintenance, etc.).
- periodically carry out predictive maintenance.
- depending on how much it is used, have the equipment serviced yearly or every few years.

Weight of the apparatus:

Ref. : 3700 → 79 kg (174.17 lb)

Overall size:

- Apparatus without cabling: 2.70 x 0.10 m (106.30 x 3.94 in)
- Apparatus with standard cabling: 5.50 x 4.00 m (216.54 x 157.48 in) Frame height:
- Maximum frame height: 6.05 m (238.19 in)

Packaging:

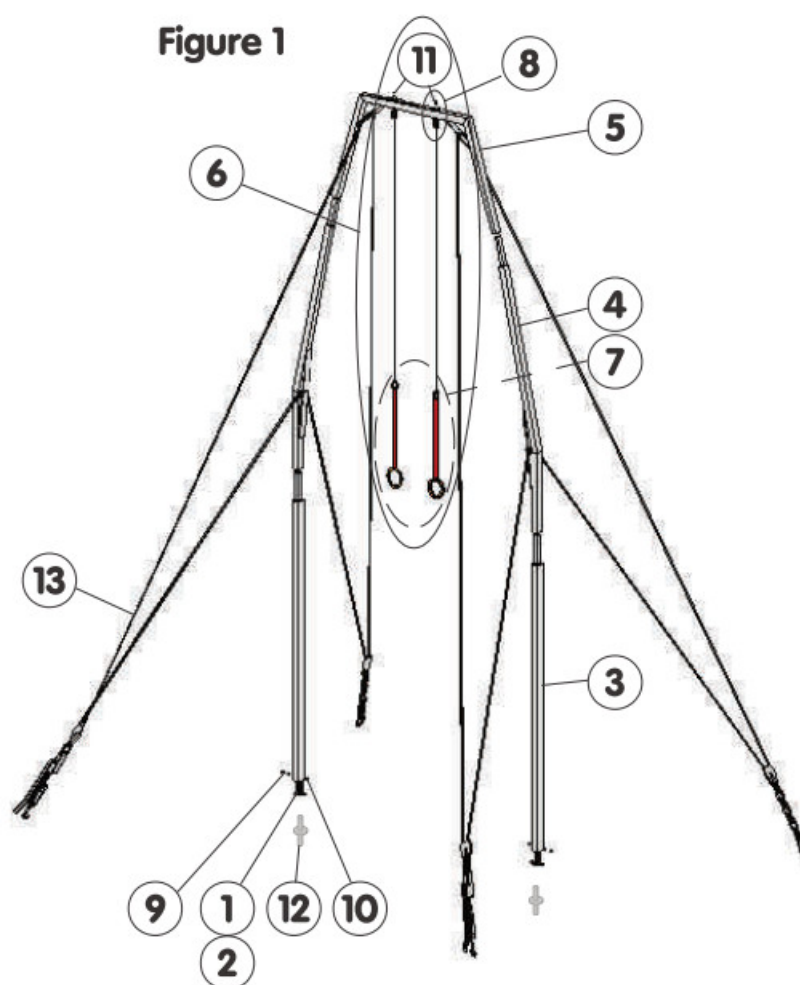
Package Ref.	370/04 Pair of Lower uprights	370/07 Pair of Upper uprights	370/06 Ring Frame Head	3730 Pair of rings + straps + cabling	3770/10 Ring frame bracing cables	No. of packages
N						
3700 Ring frame	1	1	1	1	1	5
Volume (f14)	2.	2.	3.440	0.434	0.848	
Weight (Pb)	60.	64.	18.	4.	29.	
Dimensions (in)	120.08 x 7.09 x 3.94	111.02 x 7.48 x 3.15	65.75 x 20.87 x 4.33	14.17 x 12.20 x 4.33	15.75 x 11.81 x 7.87	N

Constantly aiming to improve our products, we reserve the right to make changes to the equipment and dimensions without further discussion.

Preparing the cables:

Refer to the Assembly Instructions NM181.

Assembling the apparatus (minimum of six people required) (see Fig. 1):



Note: Prepare a clean area for assembling the apparatus.

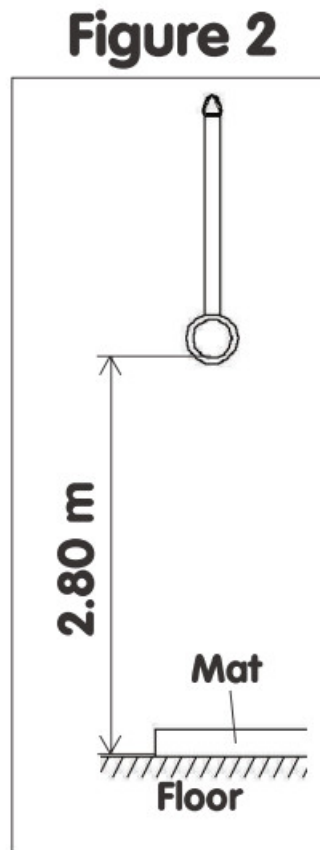
1. – Lay both lower uprights (3) parallel on the floor.
2. – Fit the upper uprights (4) onto the lower uprights (3).
3. – Fit the frame head (5), on each side, onto the lower upright (3) + upper upright (4) assemblies.
4. – Install the rings (6) on the frame head (5): insert each swivel pin screw (8) through the frame head (5), firmly tighten the nuts).
5. – In order to obtain the 2.80 m prescribed height for the rings (6) with regard to the floor, install the attachment elements (9) + (10) at the bottom of uprights (3) into the 5th hole of the sliding tubes (1). Moderately lock the attachment elements (9) + (10).
6. – Install the pivots (12) into their housings on the floor (if required), in line with the plotting.

Assembling, adjusting and tightening the cables:

Important: When the vertical position of the frame is adjusted, and before tightening the cables (13), do not forget to lock all the attachment elements on floor.

Refer to the Assembly Instructions NM181.

Adjusting the height (see Fig. 1):



1. – Loosen the cables (13) using the quick tighteners (see NM181).
2. – Slightly lift the upright (3) to remove the attachments (9) + (10) at the bottom of the uprights (3).
3. – Raise or lower the uprights (3) until the bar is at the desired height.
4. – Install the attachment elements (9) + (10) at the bottom of the uprights (3) into the hole of the sliding tubes (1) corresponding to the desired height Moderately lock the attachment elements (9) + (10). Important: Check that both sliding tubes (1) are adjusted to the same height – this is mandatory.
5. – Retighten the cables (13).

Adjustment values (see Fig. 2):**Ring height:**

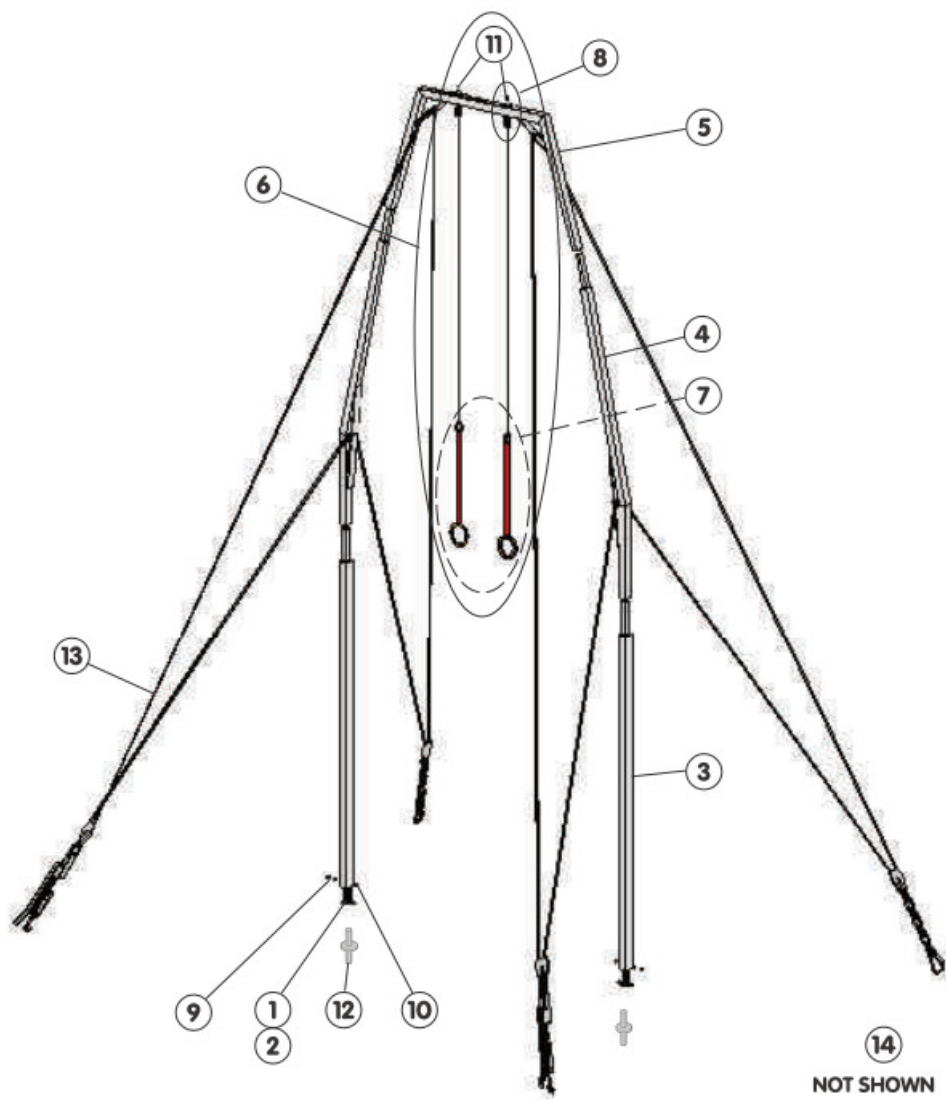
1st hole = 2.60 m
2nd hole = 2.65m
3rd hole = 2.70 m
4th hole = 2.75m
5th hole (F.L.G.): = 2.80 m
6th hole = 2.85m
7th hole = 2.90m
8th hole = 2.95m

Maintenance:

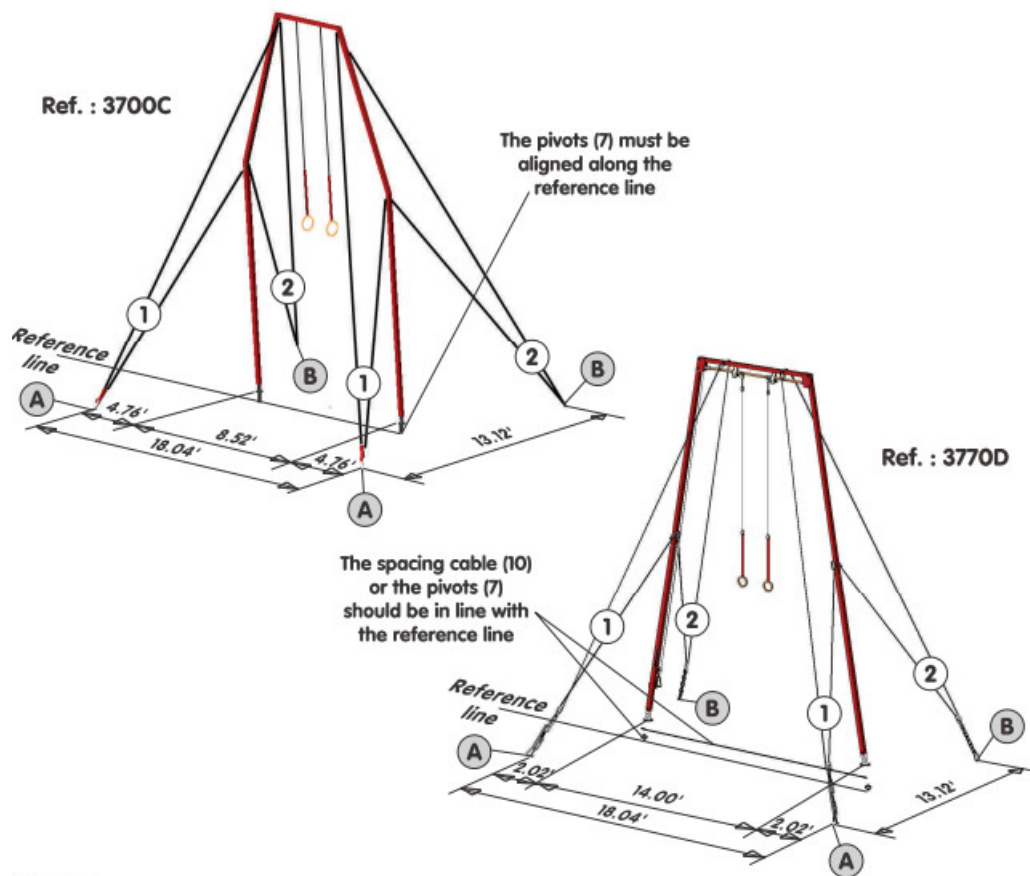
1. – A regular cleaning of the apparatus allows better viewing of the problems, if any (distortion, breakage, or corrosion).
2. – Before use, check wear parts and safety elements each time for good condition and operation: – pads (2),
 - all the bracing cable elements (cables, tighteners, quick links locked, etc.).
 - complete rings (6): cables (no shredded), straps (no cut seams), and swivel pins (tightened). We recommend to change them regularly as required by usage frequency (at least every 3 years).
3. – Check the tightening of cables (13) and closure of quick links, ... (see NM181), before each use.
4. – Check the correct tightening of all attachment elements (9) + (10) + (11) and the locking of anchors.
5. – **Important:**
 - If a problem is detected or suspected, do not use the equipment as long as it has not been checked by a technician.
 - Any damaged or distorted piece should be replaced as soon as possible.

Storage:

Always store the equipment away from humidity and heat.



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14	1	Handling pole for rings	3785	spare kit
13	–	Frame cabling	3700/10	pock
12	2	Support pivot	328/02	included in 11
11	2	M14 H locknut	VEHF14000Z	–
10	2	M10 H knurl nut	VEML103507	
9	2	M10x70 H screw	VH00100707	
8	2	Swivel pin of Ring	373/11	included in 6
7	1	Pair of rings + straps	3720	included in 6
6	1	Pair of rings + cables	3730	pock
5	1	Frame head	370/06	pack
4	1	Pair of upper uprights	370/07	pock
3	1	Pair of lower uprights	370/04	pock
2	2	Frame pad	370/05	included in 3
1	2	Frame sliding tube		included in 3
ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS



Warning:

This equipment should be installed by a qualified individual.

The apparatus should only be used by one person at a time, under the supervision of a qualified individual.

Using this equipment for purposes other than those originally intended is not allowed.

Attachments that are not provided with the apparatus may only be used if the support complies with the CC34 specifications for GYMNOVA chemical anchors, (ref.

: 2005 or ref. : 2010) or €C22 for GYMNOVA retractable anchors, (ref. : 2000/40 – 2000/80). Make sure that the quick links are closed and anchors are tightened before tightening the cables. Do not use the equipment when the cables are slack.

Compliance:

This equipment complies with the requirements of the European standard EN 913 "Gymnastic equipment – General safety requirements and test methods".

Recommendations:

As shown in French Standard NF 52-400 the following is recommended:

- keep these instructions for subsequent reference (inspection, maintenance, etc.).
- periodically carry out predictive maintenance.
- depending on how much it is used, have the equipment serviced yearly or every few years.

Packaging:

1Pack (ref.: 3700/40)

Dimensions: 400 x 300 x 220 mm (15.75 x 11.81 x 8.66 in)

Weight: 17 kg (37.51lb) ~ Volume: 0.0264 m³ (0.93 ft³)

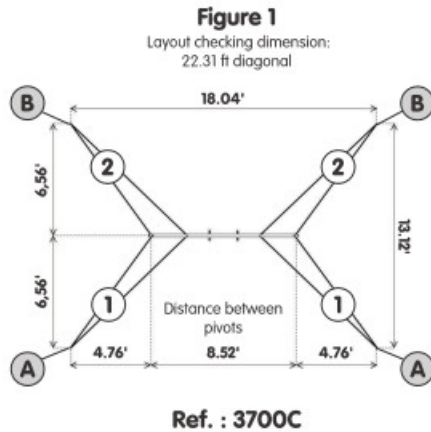
Preparing the cables:

1. – Floor positioning (see Fig. 1, Fig. 2, Fig. 3 and Fig. 4):

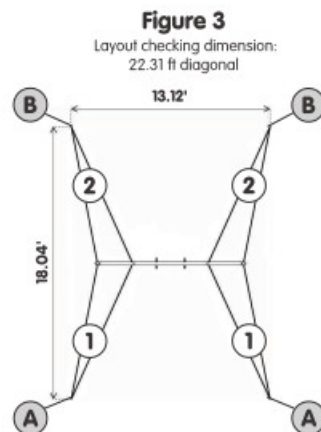
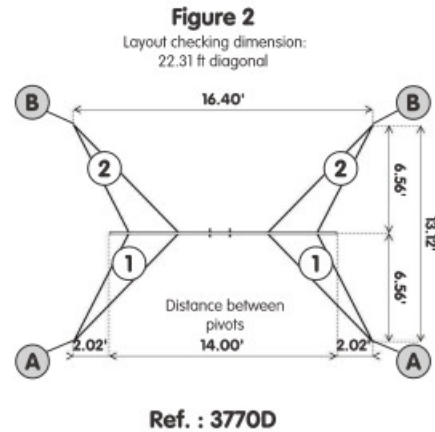
- Plot the floor positioning of the anchors and distances between legs.
- Drill in accordance with the assembly instructions NM13 for chemical anchors or NM25 for retractable anchors (for pivots (7): drill 212,45 mm (1.77 in) deep, if required).

Important:

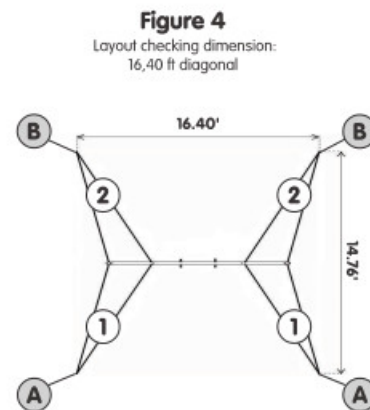
- The cable attachment points must resist 800 daN (see: NF 52-400).
- It is mandatory that the uprights are aligned with the reference line.



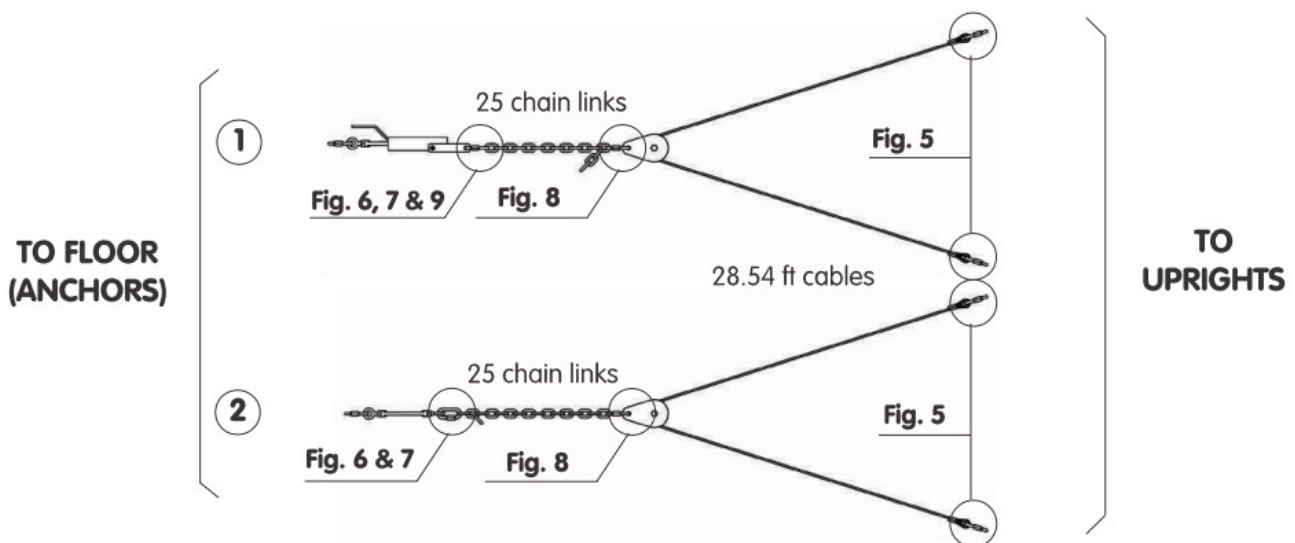
Layouts
E.I.G.



Other possible
layouts



2. Layout of cabling items



3. -Assembly principle and precautions:

- Make sure you assemble the quick links (3) in the proper direction (always tighten downward) (see Fig. 5).
- Adjust the turnbuckles (5) to medium length to enable the cables to be adjusted easily.

Note: Do not lock the floor attachments so that the bracing flats (8) can be positioned.

Figure 5 - Quick link (3) – assembling direction

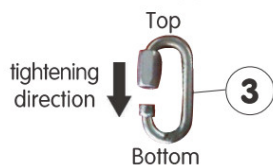


Figure 8 - Chain + quick link (3) / pulley (6)

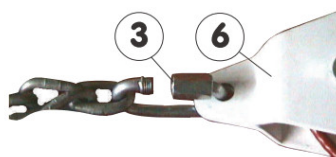
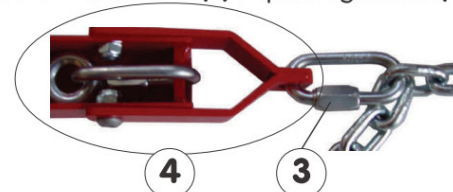


Figure 6 & 7 - Quick link (3) / chain assembly



Figure 9 - Quick link (3) / quick tightener (4)



Assembling the cables (minimum of 6 people required):

- Identify the location of each cable using Figures 1, 2, 3 and 4 (on page 2) and overview (on 1 page).
- Once the respective position of the cables is determined, attach one end of each cable at mid-height of the frame (uprights), and the other end at the top of the frame (head of 3770D and uprights of 3700C), observing the assembly direction of the quick links (3) (see Fig. 5).
- Hook the cables (2) to the rear anchors (B) using the turnbuckles (5).
- Lift the frame and position it over the reference line or into the pivots (7).
- Hold the frame and hook the cables (1) to the front anchors (A) using the open quick tighteners (4).
- Set the frame assembly vertical (use a level) by adjusting the chain links, then fine-tune the adjustments using the turnbuckles (5) of cables (1) and (2).

Adjusting and tightening the cables:

Important: Remember to lock all the floor attachments (9) before tightening the cables.

1. – To fine-tune the tension of cables (1), open the quick tightener (4) (see Fig. M), screw or unscrew the turnbuckle (5). Lock the locknuts, then close the quick tightener (see Fig. 10).
2. – Position the quick tightener (4) so that it is above the turnbuckle (5).
3. – Important: Lock the quick links (3) and the locknuts on turnbuckles (4) and (5) using the wrench.

Figure 10 - Slack cabling: Open quick tightener

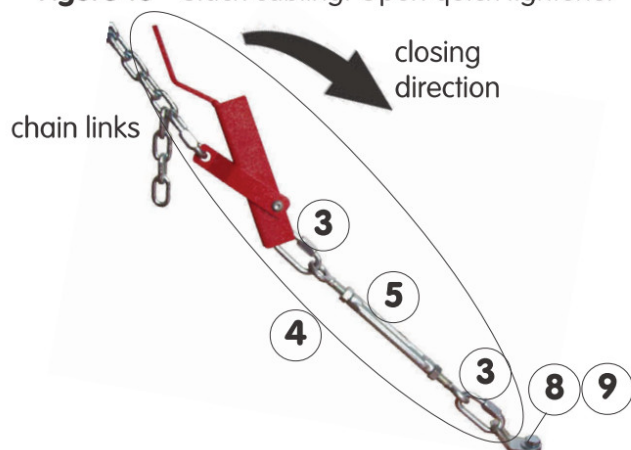
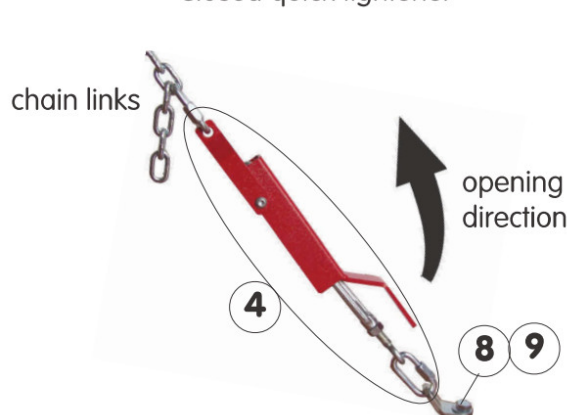


Figure 11 - Tightened cabling: Closed quick tightener



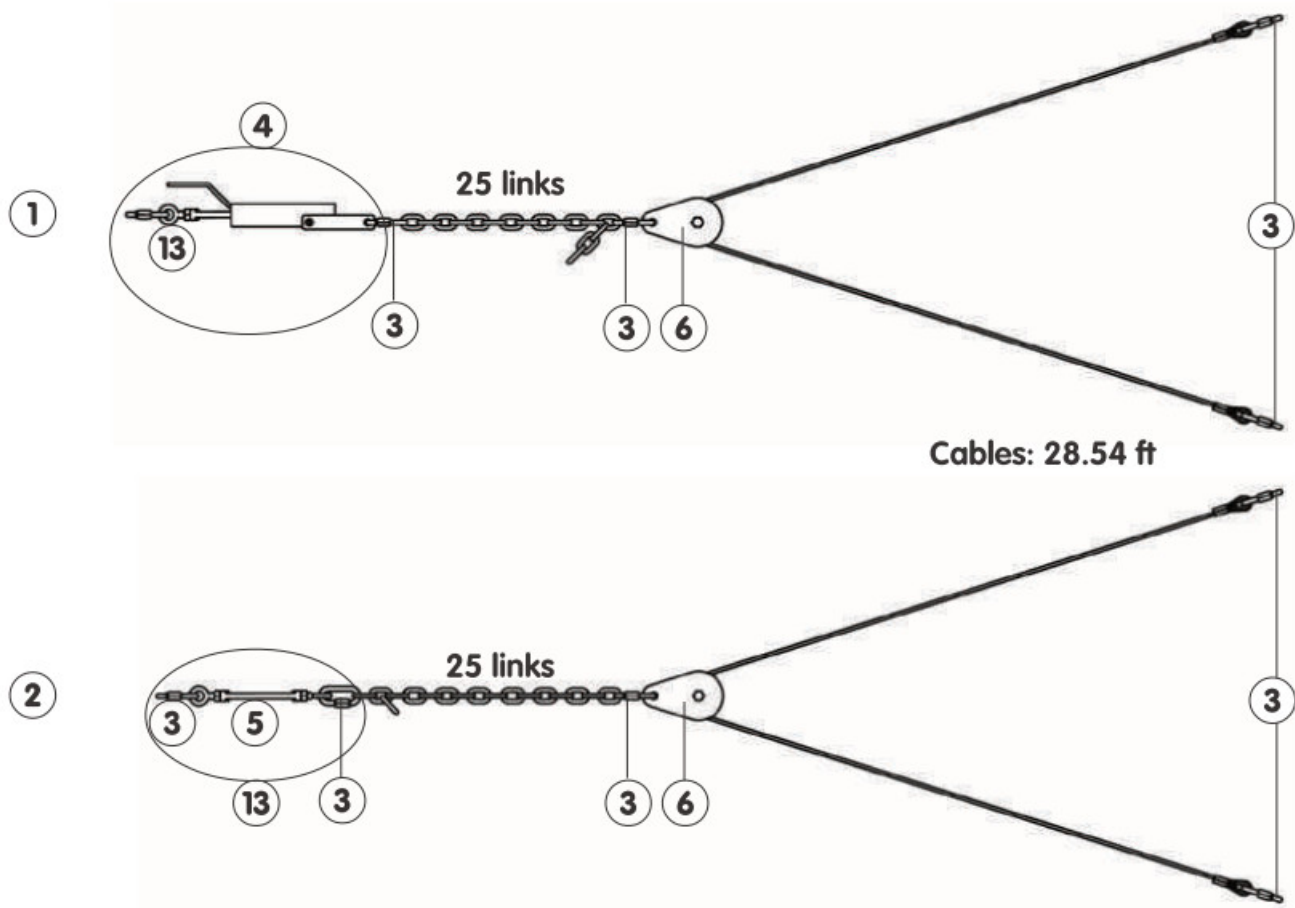
Maintenance:

1. – A regular cleaning of the apparatus allows better viewing of the problems, if any (distortion, breakage, or corrosion).
2. – Before use, thoroughly check wear parts and safety elements each time for good condition and operation: wear of cables, quick links (3), chain links, bracing flats (8), quick tighteners (4), the turnbuckles (5) and pulleys (6).
3. – Check the tightening of cables and closure of quick links, before each use.
4. – Check that the anchors (9) are locked and that they do not draw out from the floor.
5. – Make sure pulleys are not jammed.
6. – Important:
 - If a problem is detected or suspected, do not use the equipment as long as it has not been checked by a technician.
 - Any damaged or distorted piece should be replaced as soon as possible.

Storage:

Always store the equipment away from humidity and heat.

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13	4	M12 Turnbuckle + Quick link	QTELEMA812	each
12	–	Share of 4 brac. flots+screws	3120/40	spare kil
11	–	Share of 2 brac. flots+screws	3120/20	spare kit
10	1	M’2000 spacing cable	3770/05	not provided
9	–	4 retractable anchors	2000/40	not provided
9	–	4 chemical anchors	2010	not provided
8	4	Bracing flat	–	not provided
7	2	Support pivot	328/02	each
6	4	Single pulley, 080	371/21	each
5	4	Turnbuckle M12 0/0	QTELE1012G	each



Constantly aiming to improve our products, we reserve the right to make changes to the equipment and dimensions without further discussion.



GYMNOVA

CS 30056 – 45 RUE GASTON DE FLOTTE
13012 MARSEILLE CEDEX 12 (FRANCE)

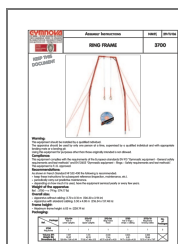
TEL 31(0)A91,67.51.20

FAX. 33,,(0)A,91.9186,89

www.gymnovac.com

info@gymnovai.com

Documents / Resources



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GN3700, GN3700 Ring Frame with Adjustable Elasticity, Ring Frame with Adjustable Elasticity,
Adjustable Elasticity