

# Assembly Instructions

## In-Ground Quick Flex Bar

Thank you for purchasing the Quick Flex Bar to be used with the original In Ground Tumbl Trak.

*This product is not designed to be used with other tumbling tracks or trampolines.*  
We hope you will enjoy years of use of this product.

After opening the boxes, please check the parts list to make sure all pieces have arrived in good condition. If you have any questions during this assembly process, please call customer service.





! **WARNING**

- Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.
- All users of this equipment assume this risk of serious injury.
- Mats and pits cannot and do not eliminate hazards.

### Safety Instructions

**ALWAYS:**

1. Consult an instructor prior to use.
2. Use equipment **ONLY** under the supervision of trained and qualified instructors.
3. Use equipment with trained spotters and the proper spotting equipment.
4. Check equipment before use for proper positioning; equipment can move during use.
5. Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.
6. Use equipment **ONLY** when all hard exposed surfaces are protected with proper mats.
7. Assure that all inflatable equipment has sufficient air pressure to avoid injury.

**DO NOT** use the apparatus with damaged, worn or missing parts.

**DO NOT** allow more than one person at a time to use the equipment.

## Parts List

(2) Brackets



(2) Bar Pads



(1) Bar Strap



(1) Bag to hold everything



### Parts List

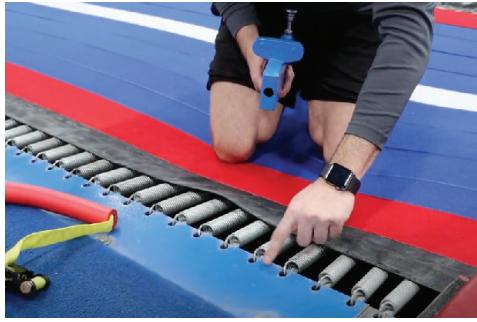
- (2) Brackets
- (2) Bar Pads
- (1) Bar Strap
- (1) Bag



**Tumbl Trak**  
Train Smart

NOTE: Tumbl Trak equipment is not recommended for the use in Parkour/Free Running related activities.

Any questions or problems, please call Tumbl Trak at (800) 331-4362



**Step 1:** Locate the area you want to place the Quick Flex Bar. Remove the padding to locate the springs.

Slide Bracket #1 in position between two springs. Secure the two built in pins to the spring holes on the Tumbler Trak. Make sure the bracket is straight up and down. If the bracket is not perfectly vertical, adjust the bolt at the base of the bracket so that it's pushing against the concrete wall.



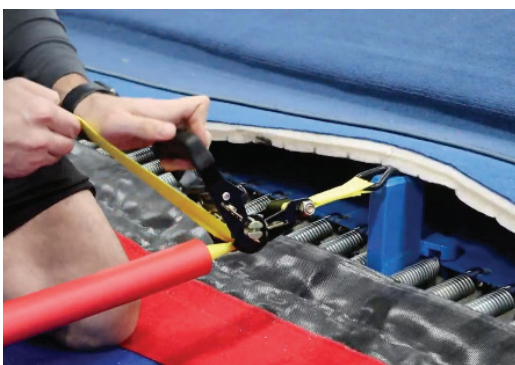
**Step 2:**



**Step 3:** Attach the non ratchet end of the strap into Bracket #1. Failure to attach properly could result in injury.

On the other side of the Tumbler Trak, slide Bracket #2 into position, placing it between springs and securing the 2 built-in pins into the spring holes on the Tumbler Trak. Ensure the bracket is vertical using the bolt at the base.

**Step 4:**



**Step 5:**

Attach the end of the strap with the ratchet to Bracket #2. Tighten the ratchet as tight as you can. You will then want to bounce on the strap a few times and tighten again. Make sure to lock down the ratchet when you have reached the desired tightness. **Make sure to lock down the ratchet when you have reached the desired tightness.**

NOTE: If you have trouble ratcheting the Quick Flex Bar, stop and find the end of the strap. Pull the end of the strap with the thick webbing away from the ratchet.



**Step 6:**

Place the two provided bar pads over the ratchet for safety. *Enjoy the Quick Flex Bar!*

To watch the Quick Flex Bar in use, visit the training tips section of our website. [www.tumbltrak.com](http://www.tumbltrak.com)



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