Thank you for purchasing a 110 – I-Beam Clamps from our line of Gymnastics equipment. We appreciate your business and value you as a customer.

SA Sport 110 – I-Beam Clamps are manufactured to fit I-Beams and Open Web Joists. They will fit a 6-1/2” to 13-1/2” beam flange width and up to 1/2” thick beam web.

Please carefully read the following instructions before assembling and using your new equipment, as they pertain to the particular equipment you have purchased.

The exclamation mark symbol when seen in this manual is used to indicate warnings or items that require special attention during the use or assembly of the apparatus.

Assembly, set-up and adjustment of this equipment should only be undertaken by qualified persons. At no time should children or other unqualified persons undertake the assembly, set-up, installation or adjustment of this equipment.

Total weight on the 110 – I-Beam Clamps (equipment and athlete combined) should not exceed 250lbs (115kg).

Visually inspect beam clamp every month to ensure it is properly secured and that it has not suffered any damage from misuse.

For assembly and set-up instructions, please read and follow all instructions in this manual. Be sure to read and follow all Safety Instructions on the last page of this manual.

Tools Required:

- Tape measure
- Two (2) Adjustable Wrenches or two (2) ¾” open end Wrenches
- Pair of Pliers
1. Installation Instructions

1.1. I-Beam Clamps Assembly Description

Only snug carriage bolts until the required width is determined. Clamp jaws should be able to slide in order to install beam clamp. Nuts and bolts are fully tightened in the last step.

![Diagram of I-Beam Clamp Assembly](image)

**Figure A**
Beam Clamp Assembly

Note: Tie Bolt Not Shown
1.2. I-Beam Clamps Installation

**DO NOT RUSH INSTALLATION.** Take your time and ensure it is done properly to prevent problems. Before going up to the I-Beam, assemble and go through instructions while on the ground.

1. Place the I-Beam Clamp on the beam, as shown on Fig. B below, to help determine which holes to use on the beam clamp plate when assembling the clamp jaws and carriage bolt.

2. Place the carriage bolts through the holes in the beam clamp plate that provides the best fit on the I-Beam (Refer to Figures A and B). **The beam clamp assembly should be positioned so that the hook (hanger bracket) is centered on the I-Beam.** The clamp jaws will also be centered on the clamp assembly.

3. **Tighten the tie bolt equally from both ends until the beam clamp is tight on the I-Beam.** Make sure the I-Beam sits inside the clamp jaw at least 50% as shown in figure B. Repeat Step 2 if required.

4. **Tighten carriage bolts** once the correct position of the beam clamp is determined

5. If clamp assembly is not sitting correctly, then loosen and re-tighten the carriage bolt and the tie bolt until it looks like the assemblies in Figure B.

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**Figure B**

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**There must be NO MOVEMENT OF THE BEAM CLAMP on the beam flange.**

**Have a second person double check that NUTS AND BOLTS ARE TIGHT and that the COTTER PIN IS THROUGH THE NUT ON THE HANGER BRACKET.**
1.3. **Installing Swivel Assembly**

1. Disassemble the Hanger Bracket Bolt Assembly. **Note the order in which the washers and fasteners are assembled** (see Fig. A).

2. Place swivel assembly into the hanger bracket and secure with bolt assembly. Make sure the washers and used in the correct order.

   ![Diagram of swivel assembly](image)

   **Figure C**

   **Warning:** There must be **NO MOVEMENT OF THE BEAM CLAMP** on the beam flange.

   **Warning:** Have a second person double check that **NUTS AND BOLTS ARE TIGHT** and that the **COTTER PIN IS THROUGH THE NUT ON THE HANGER BRACKET**.

   ![Diagram showing cotter pin](image)

1.4. **Installation of Second Beam Clamp for use with 108 Ceiling Hung Rings**

1. Loosely Position the 2nd Beam Clamp on the beam flange.

2. Measure from the center of the hanger bracket to the center of the bracket on the other Beam Clamp. This measurement must fall between 19-1/2” and 19-7/8” to ensure correct distance between the ring cables. **See 108 Ceiling Hung Rings Instructions manual.**

3. **Repeat steps from sections 1.2. & 1.3.** for the 2nd Beam clamp installation.
2. SAFETY

WARNING

Any activity involving motion or height creates the possibility of serious injury including permanent paralysis and even death, from landing or falling on the neck, head, or other parts of the body.

You assume a risk of serious injury in using this equipment. However, this risk can be reduced by strictly following these rules at all times.

1. Total weight on the 110 – I-Beam Clamps (equipment and athlete combined) must not exceed 250 lbs (115 Kg).

2. Use this equipment only under the supervision of a trained and qualified instructor.

3. This equipment must be used only when protected by proper matting as recommended by the Federation of International Gymnasts (F.I.G.). If in doubt concerning proper matting, do not use this equipment.

4. This equipment must be used with proper spotting equipment and qualified spotters suitable to the activity or skill. Always consult an instructor.

5. Know your own limitations and the limitations of this equipment. Follow progressive learning techniques and always consult an instructor.

6. Always inspect this equipment for proper stability before each use.

7. Always inspect this equipment for loose fittings and parts. Replace any worn, defective or missing parts.

8. Always inspect this equipment for improper or unsafe installation. If in doubt, do not use this equipment.