ASSEMBLY AND CARE INSTRUCTIONS

UNEVEN PRO BARS
121PB

VERSION: 8920000 (Revised 06/16)

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Thank you for purchasing a SPIETH America 121PB - Uneven Pro Bars. We appreciate your business and value you as a customer.

Your 121PB - Uneven Pro Bars are manufactured of the finest materials and have been thoroughly inspected before leaving our plant. We are sure you will be pleased with their quality, durability, and performance.

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.

The 121PB - Uneven Pro Bars consists of:

- 2 Uneven Bar Bases
- 2 Pin Lock Width Adjusters
- 2 Short Uprights
- 2 Long Uprights
- 2 Fiberglass rails
- 1 Tie-Down System (121CT - 6 pcs)
- 4 Socket Adapters (184B)
1. **Assembly & Installation Instructions**

1.1. **Installing Concrete Anchors**

To determine anchor locations, please refer to the following section for your specific equipment to be anchored.

**Tools Required (customer supplied):**

- Tape measure
- Anchor setting tool or punch with a \( \frac{5}{16} \) \( \text{diameter} \) & 1.5 \( \text{long end} \)
- \( \frac{5}{8} \) \( \text{diameter} \) carbide tipped concrete drill bit
- Hammer drill
- \( \frac{3}{8} \) or 19mm Socket, Extension and Ratchet
- Hammer
- Safety glasses

Never place a floor anchor into a seam/crack, or an area within 9” from a seam/crack or outside edge of the concrete floor

1. With the 5/8” carbide drill bit installed in the Hammer drill, drill a hole into the concrete to 2 inches (+1/8”).

2. Use a shop vacuum or turkey baster to remove all dust and concrete chips out of the holes. Ensure the hole depth is at least 2 inches (+1/8”).

3. Turn a hex head bolt 3 full turns into a floor anchor, and insert it into the drilled hole.

4. Use the hammer to tap the top of the bolt until the floor anchor is flush with or just below the top of the concrete.

5. Remove the hex head bolt, proceed to set the anchor and lock it in place!

The step of locking or setting the anchors is critical. Ensure that it is done correctly!

6. Using a punch or setting tool (customer supplied), set the floor anchor by striking the plunger in the center of the floor anchor. Strike the setting tool or punch with a hammer repeatedly, to expand the anchor in the hole.

When attaching equipment to floor anchors, a bolt torque value of 20 ft lbs is recommended.
1.2. **Uneven Pro Bar Set-Up and Bases Assembly**

1. Layout and mark the floor using the below. This will determine the position of the anchor holes and uneven bar assembly. Mark the base position and the location of the anchor holes.

2. Drill and install floor anchors into concrete (See previous page for instructions on anchors supplied by SPIETH America or follow the manufacturer’s instructions if anchors are purchased elsewhere.

   **Note that it is IMPORTANT** that the floor anchors be properly set since they will need to withstand large amounts of tension from the cables. Always double check anchors after initial installations to ensure that they are not pulling out.

3. Install 184B anchor plates into floor anchors as shown in diagram below.
4. Set the two bases on the floor approximately where they will be when the unit is assembled. Note the position of the short and tall uprights (High Bar/Low Bar) when assembling so that you will not need to reposition the unit after assembly.

5. Sort all parts out for each side of the assembly:
   - 1 Base
   - 1 Short Upright
   - 1 Tall Upright
   - 1 Width adjuster

6. Remove the axle bolts from the base.

7. Have another person position the bottom of an upright into the base and hold it in place. Each base will have a short and tall upright.

8. Make sure that upright is positioned with the mounting stud for the width adjuster facing outwards (See Fig. 2 on next page).

9. Insert Shoulder Bushings and axle bolts as shown on Fig. 1 below. Securely tighten the axle nuts to the axle bolts.

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Figure 1: Uprights to Bases Assembly
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![Figure 1: Uprights to Bases Assembly](image)

**Check that the axle bolts are securely tightened!**

10. Assemble second set of uprights into the base by following steps 5 to 9.
11. Check the position of the uprights as shown below in Fig. 2. Note the position of the black adjustments knobs and the position of the width adjuster which will be added next.

![Figure 2: Position of Uprights and Width Adjusters](image)

Width adjusters are situated on the outside of uprights. The Adjusting knobs are facing up and out.
### 1.3. Adding the Width Adjusters and raising the Uneven Bars

1. Unscrew the mounting bolts from the studs on the uprights to remove the Width Adjuster mounting hardware from the Uprights. Install the width adjuster as shown on Fig. 3 below, and secure with mounting hardware. **The black Adjusting Knobs must be face up in the top position.**

![Figure 3: Width Adjusters Assembly](image)

2. Prepare to raise the sides and attach rails to the uprights.
   - Partially unscrew the safety screws on the bar mount head casting of each adjusting tube (see Fig. 4 on next page).
   - Have a rail within arm’s reach of each set of uprights.
   - Layout cable assemblies and open quick links that connect cables to the uprights and the floor anchors.
   - Have a ladder ready for the process of attaching cables and bars to the upright post.

   *Keep in mind that during this stage of the assembly, the sides of the uneven bars are NOT supported and must be held by one person each. A third person is required to attach the rails and connect the cables.*

3. Before proceeding, understand how the rails are safely attached.

   - **Ensure that the pin in each end of the rail is inserted all the way into the slot of the head casting and has passed the Safety Screws.**
   - **Re-tighten the Safety Screw when each rail is correctly fitted in the respective head castings.**
   - **A properly fitted rail cannot be removed from the head castings without unscrewing the Safety Screws.**
4. Have two people stand the sides up, one person per side.

5. First, attach a rail to the short uprights. Note that the seam on the rail faces down.

6. Second, attach a rail to the long uprights

7. Attach cables to the short uprights.

   **Warning:** Remember to close and tighten the quick links. The quick links should be oriented so they will be tightened by turning the nut down (see Fig. 4). That will help prevent it from unthreading during the use of the apparatus.

8. Attach cables to the long uprights.

   **Warning:** Again, remember to close and tighten the quick links. The quick links should be oriented so they will be tightened by turning the nut down (see Fig. 4). That will help prevent it from unthreading during the use of the apparatus.

9. Tighten cables until the uneven bars can support themselves.

   **Warning:** Make sure uneven bars will stay up on their own before letting go of them.

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**Figure 4:** Rails to Uprights assembly
10. The tie-down system can now be adjusted. Take into consideration the following:

- Determine the widest setting at which you intend to use your new Uneven Bars.

- Adjust the chains so that the Cable Tensioners do not have to be raised very far in order to tension the cables. This will allow you to narrow your Uneven Bars greatly without having to adjust the chains.

- The number of chain links from the floor to the turnbuckle on the rear tie-downs must be equal.

- The number of chain links from floor to pulley holder on the front tie-downs must be the same for both floor attachments.

- Each turnbuckle must be adjusted to the same length.
1.4. **Upright Alignment**

A visual inspection of your Uneven Bars will determine whether or not you have to adjust the Upright Alignment. If the Uneven Bars lean to one side or unequally forward or backward, the Upright Alignment needs to be adjusted. Check and verify the following (see drawing below).

1. Base location must be correct. Compare the location of your upright assemblies with Set-Up Drawing on page 4.

2. Note:
   - The number of chain links from the floor to the turnbuckle on the rear tie-downs must be the same on both floor attachments.
   - The number of chain links from the floor to the pulley holder on the front tie-downs must also be the same on both floor attachments.

3. Each turnbuckle must be adjusted to the same length.

4. All eight cable ends must be properly attached to their appropriate Quick Link on the head casting.

5. The floor sockets must be positioned correctly as shown on Set-Up Drawing on page 4.

6. Cable tension, as determined by the Cable Tensioners, must be equal:
   - Front Right tension = Front Left Tension
   - Rear Right tension = Rear Left Tension

7. With the above checked and correct, the final adjustments can be made with the chains and turnbuckles.

   **Warning:**
   When a single turnbuckle is adjusted, the whole apparatus will be pulled toward or away from that corner. Equal adjustments undertaken at both turnbuckles will avoid any misalignment. Avoid tightening a turnbuckle with any leverage tool. Over-tightening can result in possible damage to the apparatus.
## 2. Replacement parts

<table>
<thead>
<tr>
<th>Description</th>
<th>Part Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Pair – Adjusting Tubes with Head Castings</td>
<td>P121-7PR</td>
</tr>
<tr>
<td>Set of 4 Pieces – Fast Height Adjustment Pin</td>
<td>P121-126A</td>
</tr>
<tr>
<td>1 Pair – Pin Lock Width Adjusters</td>
<td>P126-60PB</td>
</tr>
<tr>
<td>1 Piece – Competition Fiberglass Rail</td>
<td>JF2202200</td>
</tr>
<tr>
<td>1 Piece – Complete Cable System for 121PB Uneven Bars</td>
<td>121CT</td>
</tr>
<tr>
<td>(184B Floor Anchor not included)</td>
<td></td>
</tr>
<tr>
<td>1 Piece – Cable Tensioners</td>
<td>P127-B</td>
</tr>
<tr>
<td>Set of 4 pieces – Cable Tensioner Handles with Plates</td>
<td>P127-270A</td>
</tr>
<tr>
<td>1 Piece – Turnbuckle &amp; Chain</td>
<td>P136-37A</td>
</tr>
</tbody>
</table>
3. 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. Use this equipment **only** under the supervision of a trained and qualified instructor.

2. 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.

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

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

5. **Always inspect this equipment for proper stability before each use.**

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

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