

Instruction for Adjustable Gymnastics Bar Model LE and DX



Model LE



Model DX



Tools you will need

Remove protective nut from the spring pin by clamping down on the stud



Install hand knob

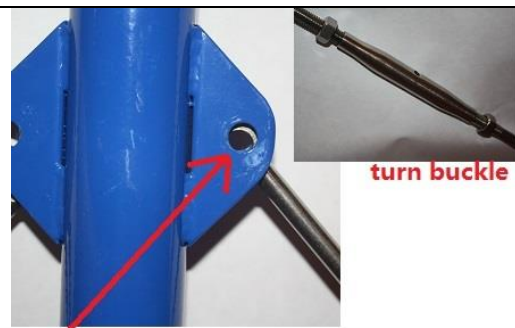


Connect cross bar to base



Do not tighten.
Just connect them.





Align the stainless rod to the hole by turning the turn buckle

4 diagonal tie rods is only available for LE model. For DX model, skip this section.





We recommend add Teflon lubrication spray on the stainless steel poles and hand knob screw for smoother operation.




place pole on post both left and right



Insert wood dowel into poles



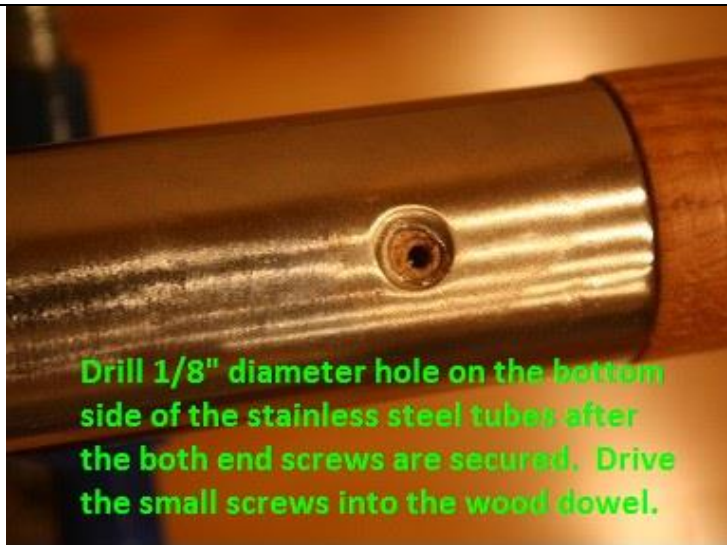
Lower the bar all the way down



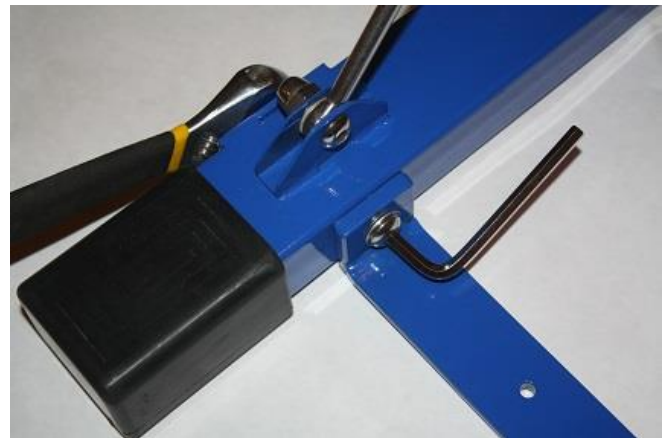
Wood dowel is hard red wood and it is very difficult to drive the screw into the wood without first drill a 1/8" hole.

screw in both screws at the end of the bar



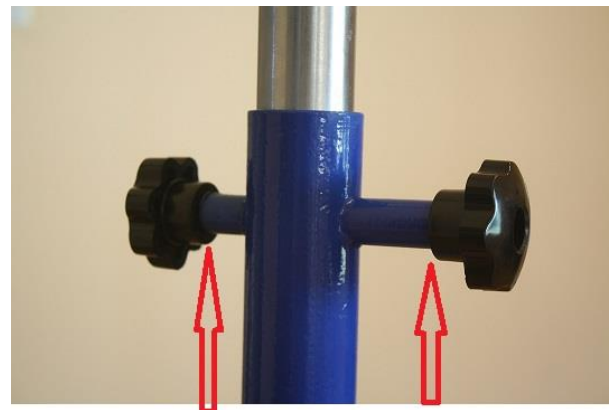


For LE model Only



tighten all bolts

For LE model only



Make sure periodically inspect bolts and tighten and in good working order

For the above photo, one knob is a spring action. It is for quick up and down adjustment. The knob on the opposite side is screw tight for safety. If the spring action knob does not spring out when trying to adjust height, remove the opposite side knob and insert a screw driver from the opening and tap it lightly to un-jam the spring action knob.