

Instruction for installing the riser onto wood gymnastics balance beam

To add risers:

1. Remove the wood feet on both ends



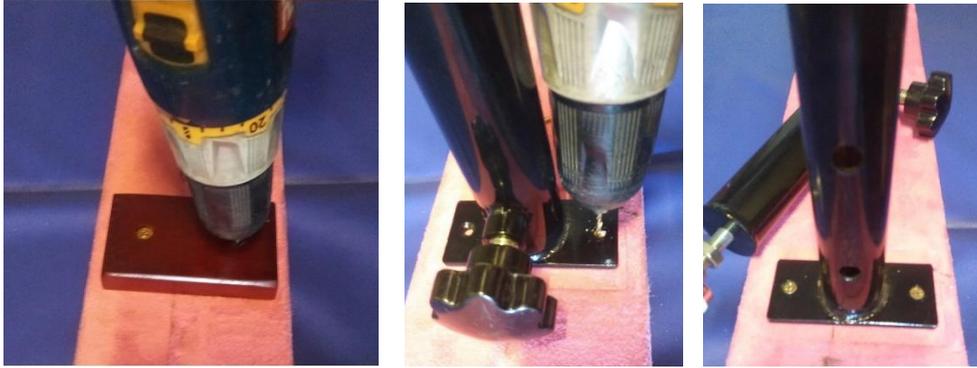
2. The riser has the top bracket and bottom base. Position the riser top brackets where the wood feet are located. Pre-drill the holes with 7/64 diameter drill bit (one size drill bit smaller than 1/8" drill bit).



3. Install all the 6 screws tight. The center of the riser is about 8" from the edge.
4. Do this for the other side.
5. Mate the bottom base to the riser bracket.



6. Install the lock pin to adjust riser height.
7. To raise riser, the pin has a leading pilot stud. Make sure the pilot stud is in the hole before tightening on the knob
8. Step 8-10 are only for the heavy duty riser set that come with the center support. Remove the center wood pad.



9. Drill holes using bits less than 1/8" diameter and screw in the 2 screws tight.
10. The center support has 3 holes that matches the outer risers. It also has an adjustable foot that will accommodate the floor unevenness.

Important Note: Make sure the adjustable **foot is not touching the ground**. If it does, the beam will teeter totter. This center support is primarily used for gymnast that is over 90 lbs. and/or doing high leap and summersault on the beam. Normal gymnast does not need center support.





For more information, visit our website at www.gym2dance.com

If you ordered the beam with the risers, the risers are shipped in separate package from California and you may have already received the beam. If the beam has not arrived within 3 days, let us know and we will quickly track down the status. The beam comes with wood feet base attached. We recommend practice on this height before adding risers.

Questions? Contact info@gym2dance.com

