



OWNER'S MANUAL

MPN(s): KIPBAR, GYMMAT__R_6_3, GYMMAT__R_6_4, GYMMAT__R_8_4, KIPBARGYMMAT__R_6_3, KIPBAR-GYMMAT__R_6_4, KIPBAR-GYMMAT__R_8_4, 5IN1BAR, 5IN1BARGYMMAT__R_6_3, 5IN1BAR-GYMMAT__R_6_4, 5IN1BAR-GYMMAT__R_8_4

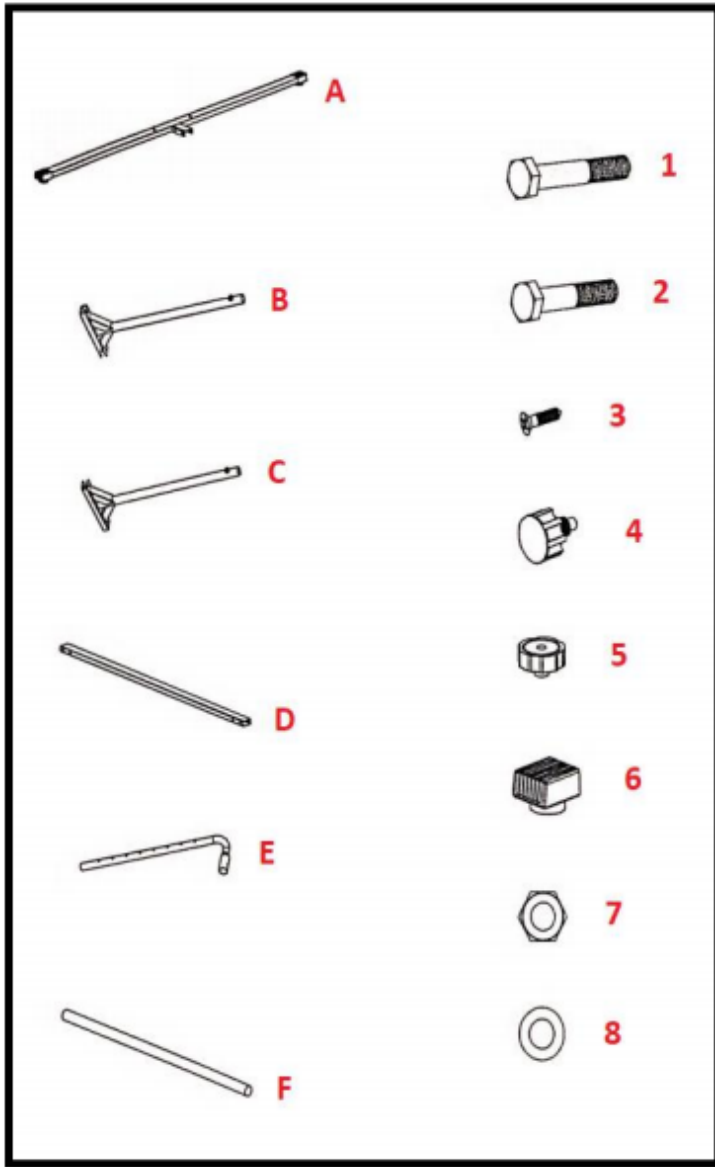
SKU(s): 409001, 409004, 409005, 409006, 401002, 401003, 401004, 409002, 401010, 401008, 401009

PARTS DIAGRAM / EXPLODED VIEW

KEY	DESCRIPTION	QTY
(1)	KIPBAR	1
(2)	GYMNASTICS TUMBLING MAT 6' X 3' X 4"	1
(3)	(GYMNASTICS TUMBLING MAT 6' X 4' X 6"	1
(4)	GYMNASTICS TUMBLING MAT 8' X 4' X 2"	1
(5)	JR. GYMNASTICS 5-IN-1 BAR	1
(6)	JR. GYMNASTICS KIP BAR & MAT COMBO 6' X 3' X 4"	1
(7)	JR. GYMNASTICS KIP BAR & MAT COMBO 6' X 4' X 6"	1
(8)	JR. GYMNASTICS KIP BAR & MAT COMBO 8' X 4' X 2"	1
(9)	JR. GYMNASTICS 5-IN-1 BAR & MAT COMBO 6' X 3' X 4"	1
(10)	JR. GYMNASTICS 5-IN-1 BAR & MAT COMBO 6' X 4' X 6"	1
(11)	JR. GYMNASTICS 5-IN-1 BAR & MAT COMBO 8' X 4' X 2"	1

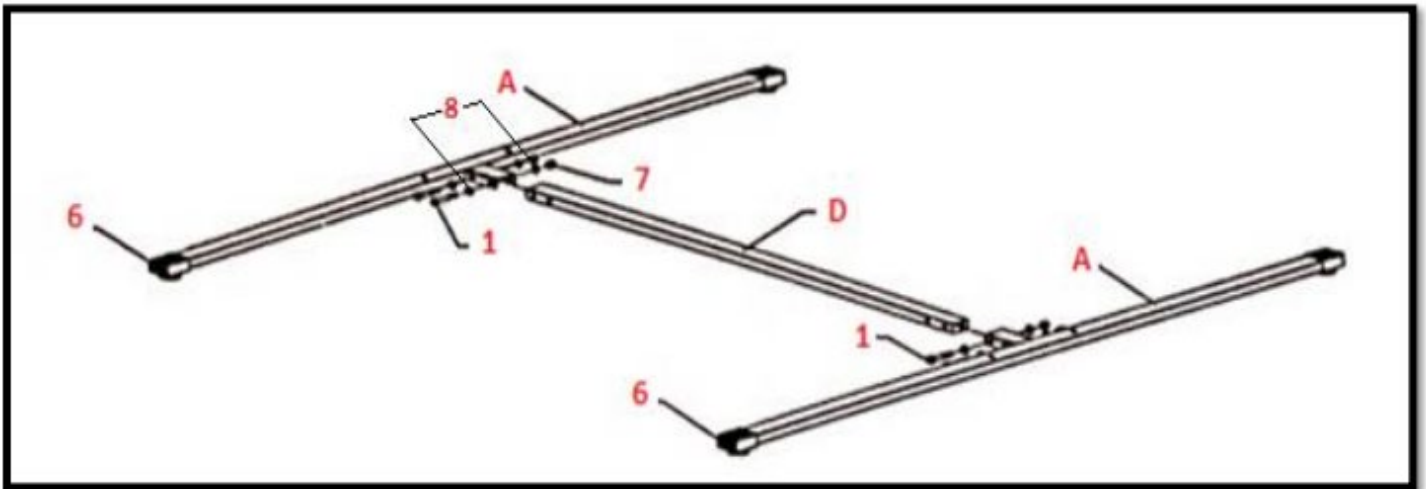


KIPBAR PARTS DIAGRAM

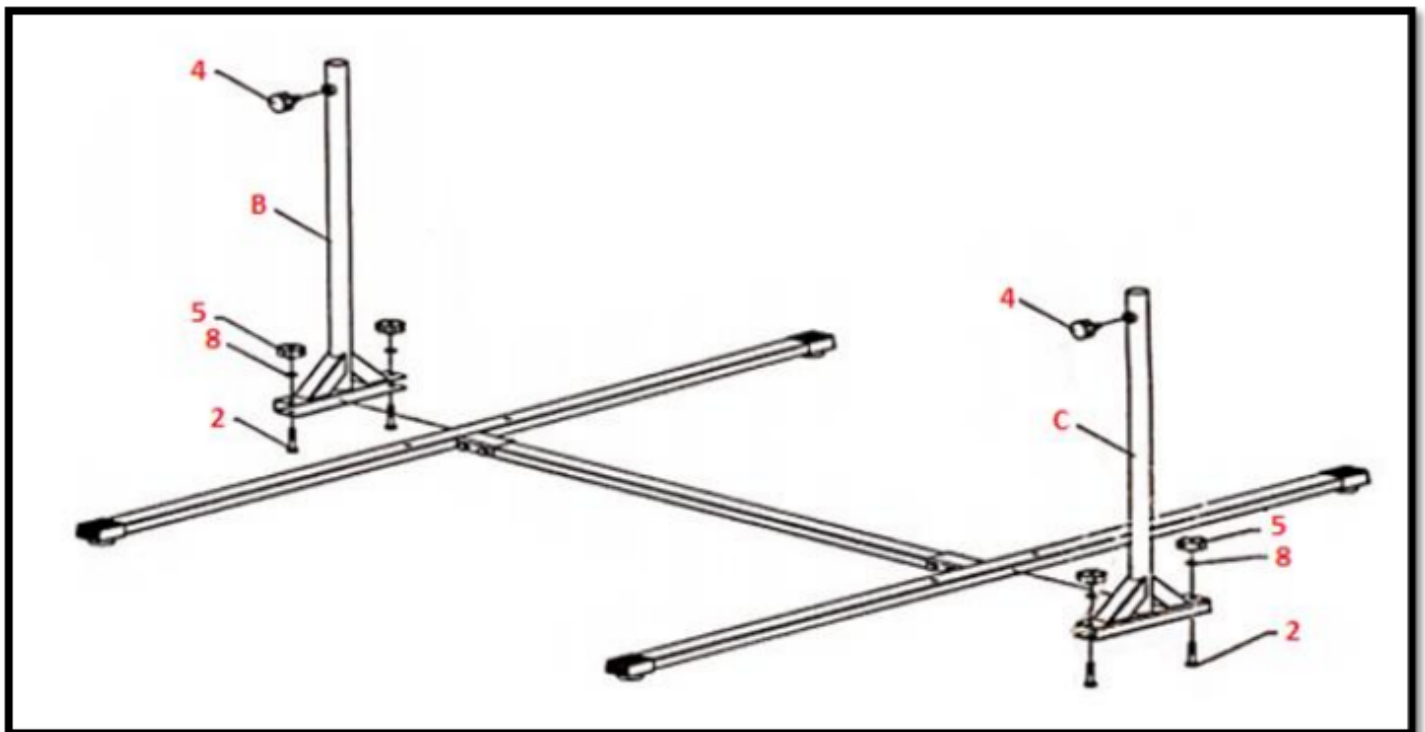


KEY	DESCRIPTION	QTY
(A)	BASE FRAME	x2
(B)	UPRIGHT (LEFT)	x1
(C)	UPRIGHT (RIGHT)	x1
(D)	CROSS TUBE	x1
(E)	ADJUSTABLE TUBE	x2
(F)	WOOD HANDLE	x1
(1)	M10x65 BOLT	x4
(2)	M10x45 BOLT	x4
(3)	M5x15 WOOD SCREW	x2
(4)	M16 POP PIN	x2
(5)	M10 KNOB	x4
(6)	25x50 END COVER	x4
(7)	M10 NYLON NUT	x4
(8)	M10 WASHER	x12

KIPBAR ASSEMBLY INSTRUCTIONS



1. Attach a **25x50 END COVER (6)** to each end of both **BASE FRAMES (A)**.
2. Secure both **BASE FRAMES (A)** to the **CROSS TUBE (D)** with **M10x65 BOLTS (1)**, **M10 WASHERS (8)**, and **M10 NYLON NUTS (7)**.

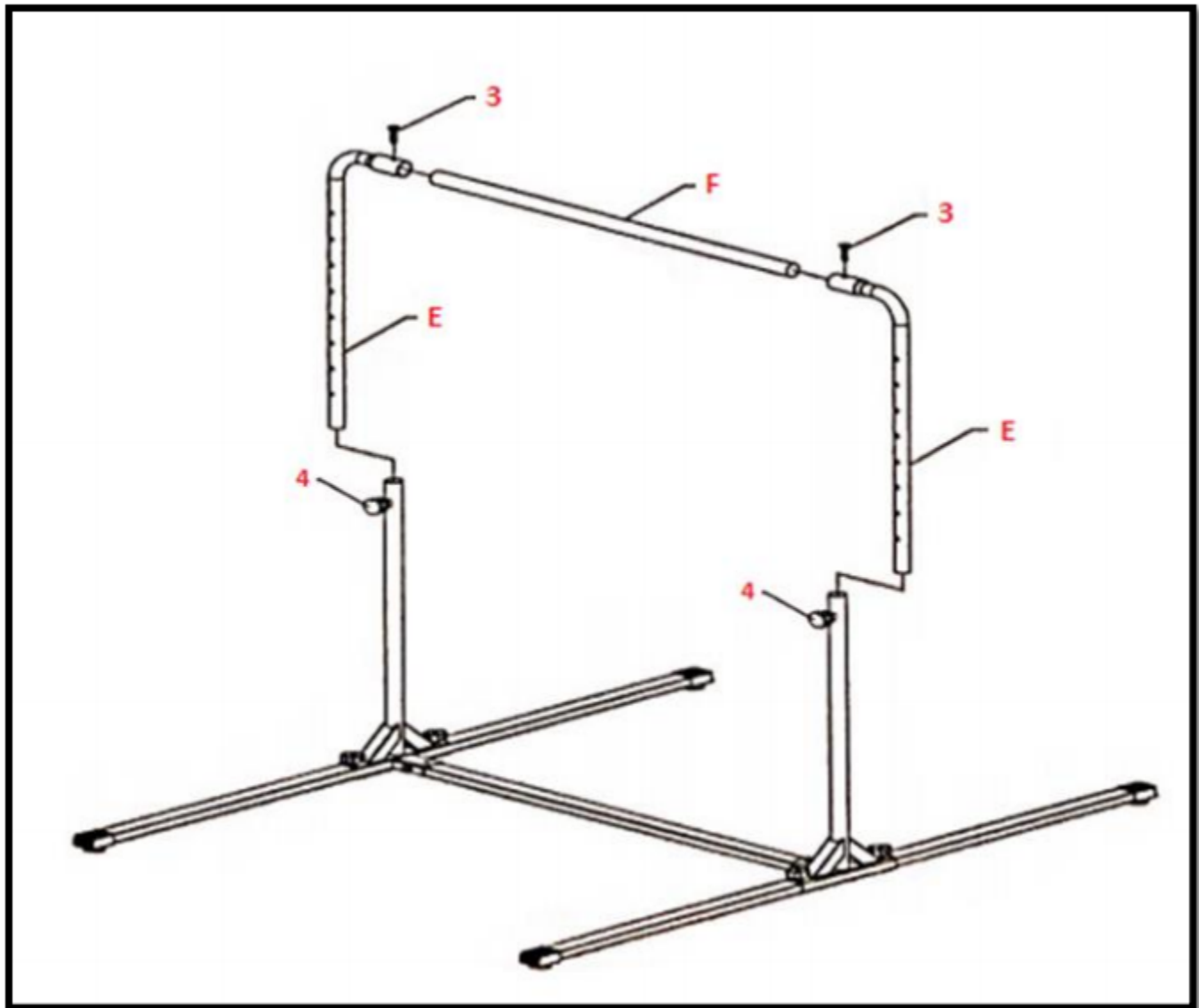


3. Slide the center of each **BASE FRAME (A)** into the bottom of the **UPRIGHTS (B & C)**.
4. Secure the **UPRIGHTS (B & C)** to the **BASE FRAMES (A)** with **M10 KNOBS (5)**, **M10 WASHERS (8)**, and **M10x45 BOLTS (2)**.



IMPORTANT: Use a wrench when tightening the bolts underneath the KIPBAR.

- Loosely screw an **M16 POP PIN (4)** into each of the **UPRIGHTS (B & C)**.

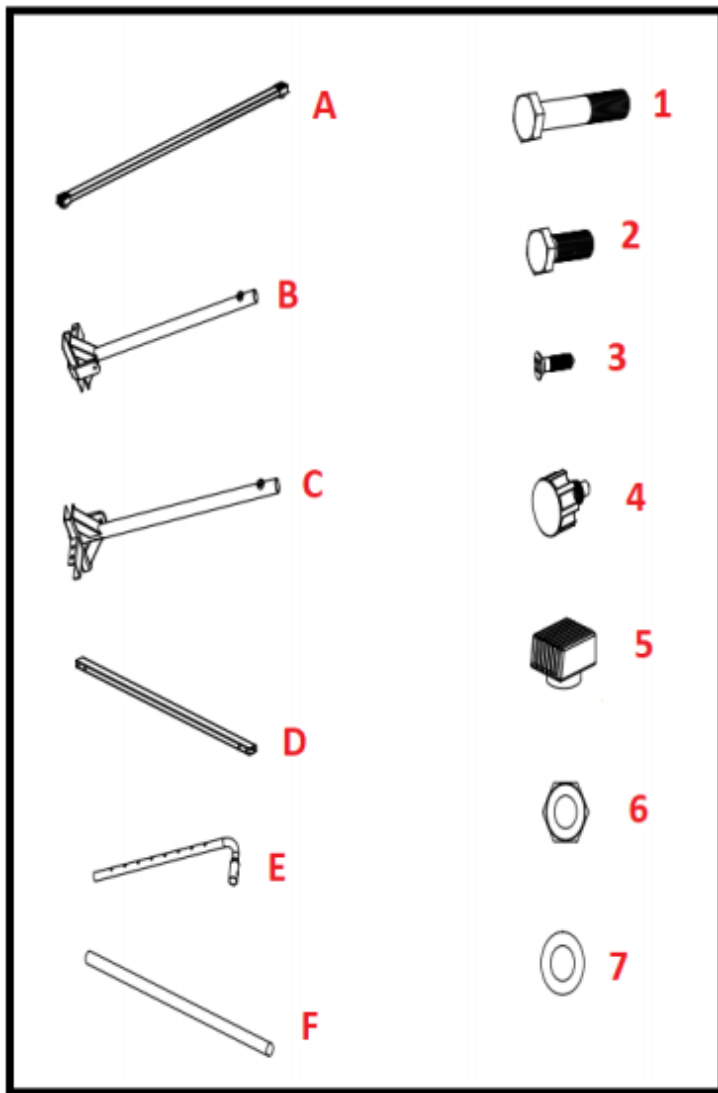


- Insert the **WOOD HANDLE (F)** into the tops of each **ADJUSTABLE TUBE (E)**, and secure in place with **M5x15 WOOD SCREWS (3)**.
- Tighten the **M16 POP PINS (4)**, and make sure that they go through the holes of the **ADJUSTABLE TUBES (E)**.

IMPORTANT: The **M16 POP PINS (4)** can be pulled on and popped out to adjust the height of the product.

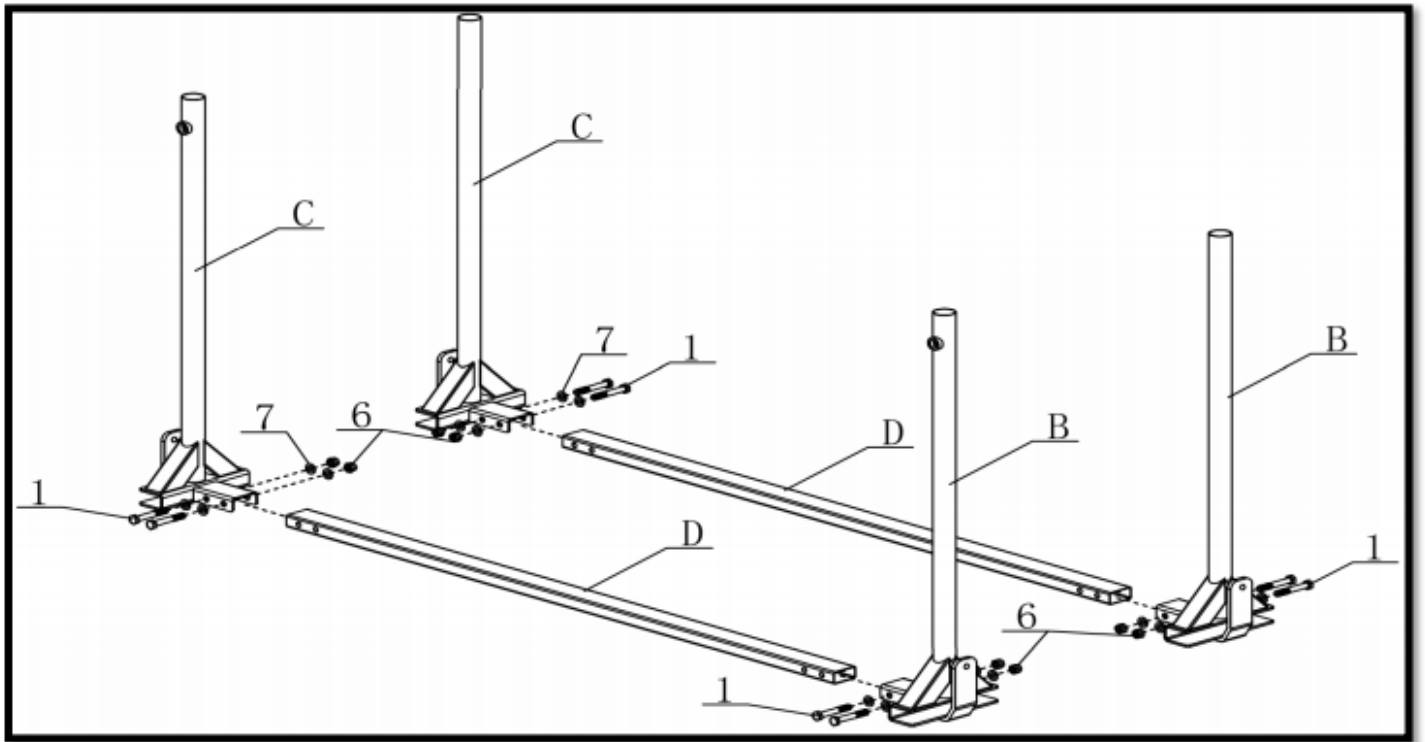


5-IN-1 BAR PARTS DIAGRAM

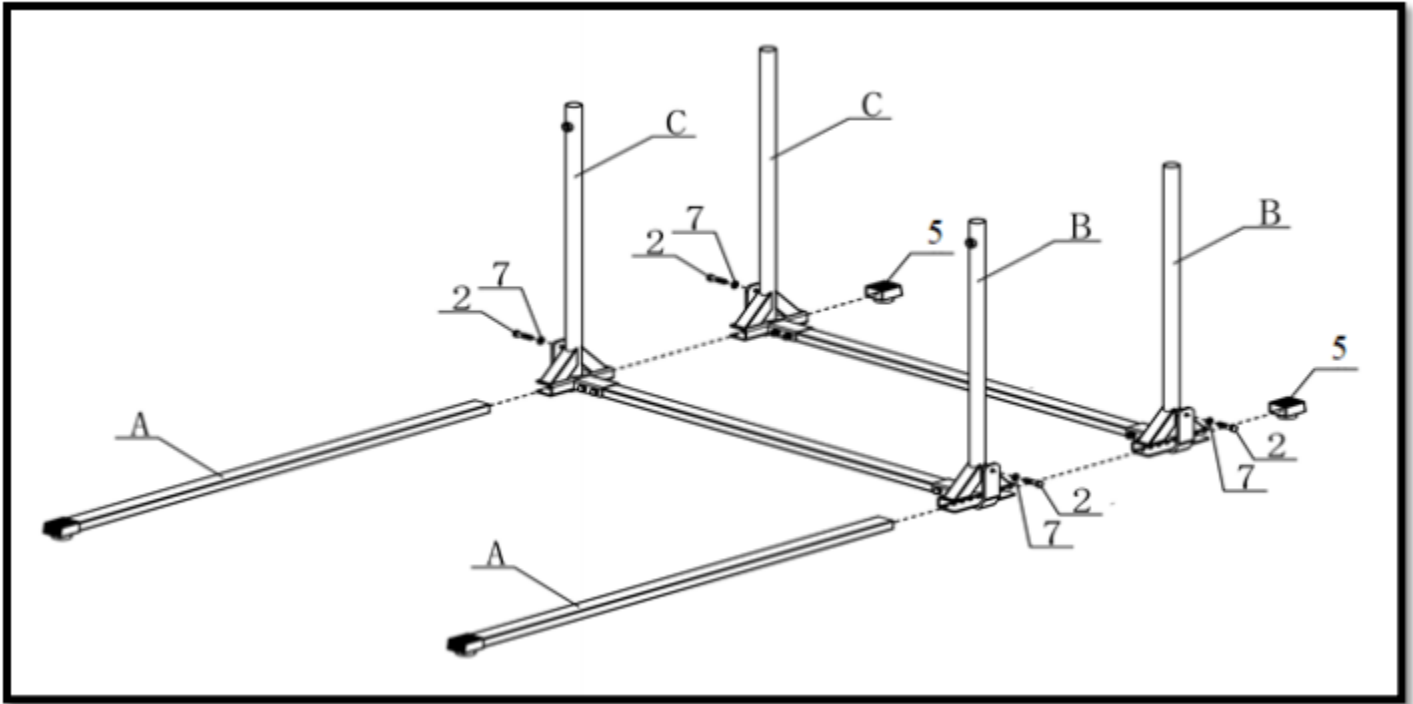


KEY	DESCRIPTION	QTY
(A)	BASE FRAME	x2
(B)	UPRIGHT (LEFT)	x2
(C)	UPRIGHT (RIGHT)	x2
(D)	CROSS TUBE	x2
(E)	ADJUSTABLE TUBE	x4
(F)	WOOD HANDLE	x2
(1)	M10x65 BOLT	x8
(2)	M10x25 BOLT	x8
(3)	M5x15 WOOD SCREW	x4
(4)	M16 POP PIN	x4
(5)	25x50 END COVER	x4
(6)	M10 NYLON NUT	x8
(7)	M10 WASHER	x20

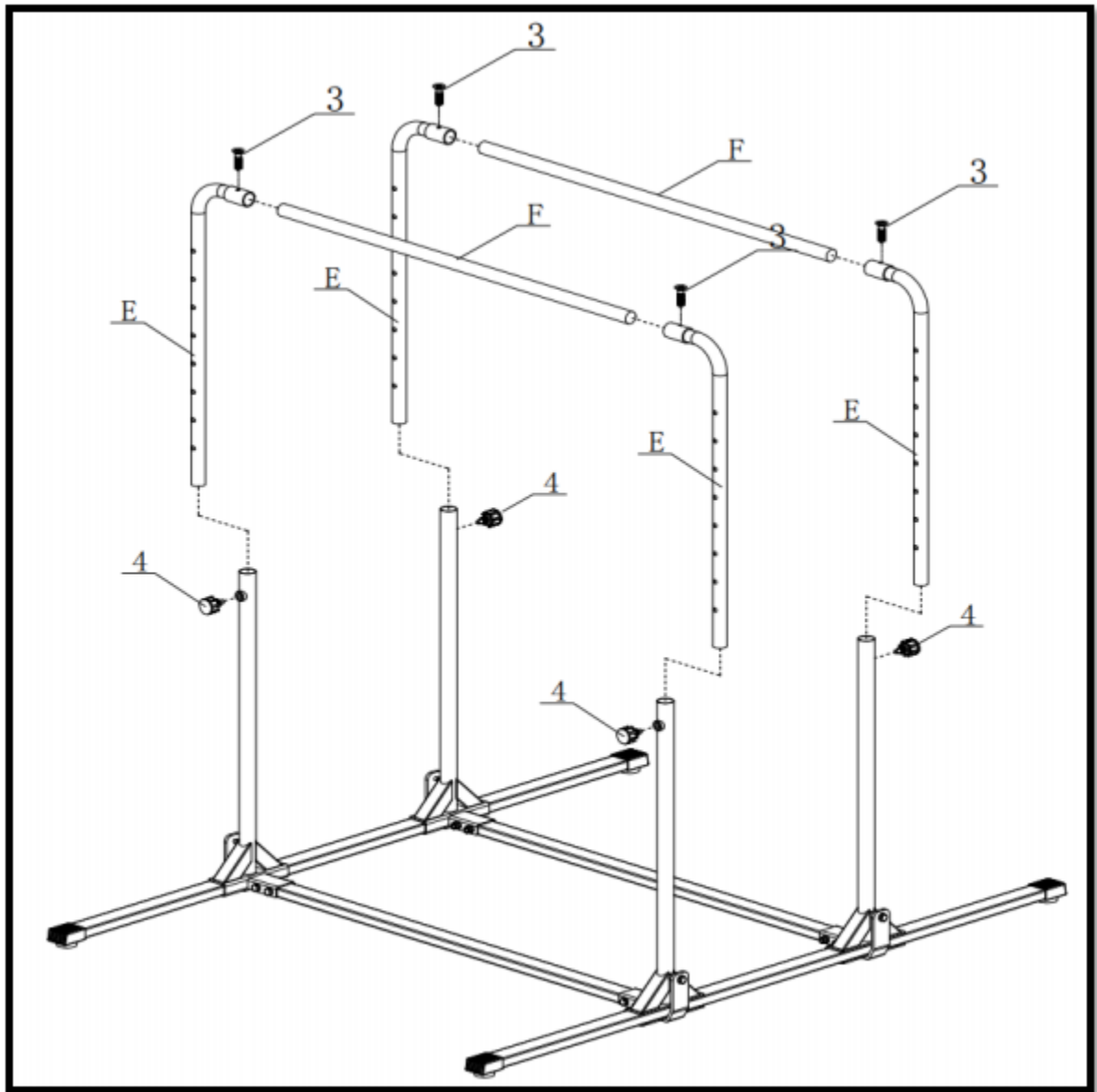
5 - IN - 1 BAR ASSEMBLY INSTRUCTIONS



1. Combine one of each **UPRIGHT (B & C)** to the ends of each **CROSS TUBE (D)** as seen in the illustration above.
2. Secure the **UPRIGHTS (B & C)** to the ends of the **CROSS TUBES (D)** with **M10x65 BOLTS (1)**, **M10 NYLON NUTS (6)**, and **M10 WASHERS (7)**.



3. Slide the **BASE FRAMES (A)** through the bases of the **UPRIGHTS (B & C)** as seen in the illustration above.
4. Attach **25x50 END COVERS (5)** to the ends of the **BASE FRAMES (A)**.
5. Use an **M10x25 BOLT (2)** and an **M10 WASHER (7)** at the base of each **UPRIGHT (B & C)**.



6. Insert the **WOOD HANDLES (F)** into the tops of the **ADJUSTABLE TUBES (E)**, and secure in place with **M5x15 WOOD SCREWS (3)**.
7. Tighten the **M16 POP PINS (4)**, and make sure that they go through the holes of the **ADJUSTABLE TUBES (E)**.

IMPORTANT: The **M16 POP PINS (4)** can be pulled on and popped out to adjust the height of the product.



This concludes the KIPBAR Owner's Manual.

If applicable to your product, make sure to tighten all nut-and-bolt combinations before use.

Enjoy!

DISCLAIMER

This equipment must be used with care by capable and competent individuals under supervision, if necessary.

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