

Installing the Springboard Push-Through Bar

PARTS LIST

A. Push thru bar mounting blocks	(2)	N/A
B. Push thru bar	(1)	(TRP0047)
C. Screw, 1/4 -20 x 1-1/4" long	(4)	(210-215)
D. Allen key, 5/32"	(1)	(GEN9282)
E. T-Pin	(2)	(GEN9892)
F. Safety Strap with Carabiner	(1)	(210-058)
G. Carabiner	(2)	(GEN9149)
H. Red or Blue Springs	(2)	N/A

3. Attach the push-through bar by pushing the button on the end of the T-pins and inserting them through the push-through bar bushing and into the mounting blocks. The push-through bar can be installed in any of the three holes on the side of the mounting blocks to adjust the height.

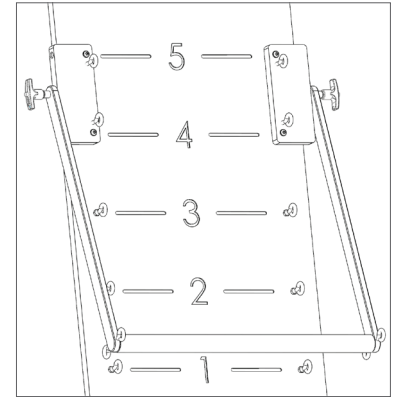


Figure D: The fully installed System.

1. Using a screwdriver or something similar, unscrew and remove the eye bolts and washers at the numbers 4 and 5 on the Springboard.

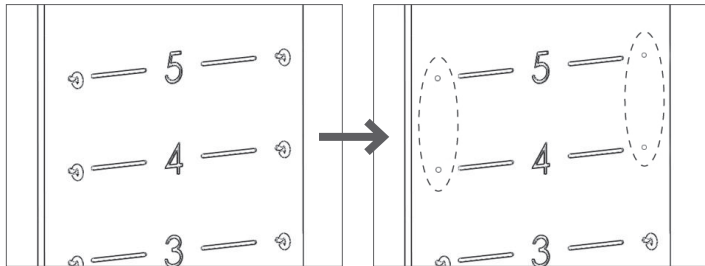


Figure A: Springboard with eyebolts

Figure B: Springboard without eyebolts

2. Using the screws, and allen wrench included, screw the mounting blocks to the Springboard as shown below. Once all 4 of the screws are installed, tighten them.

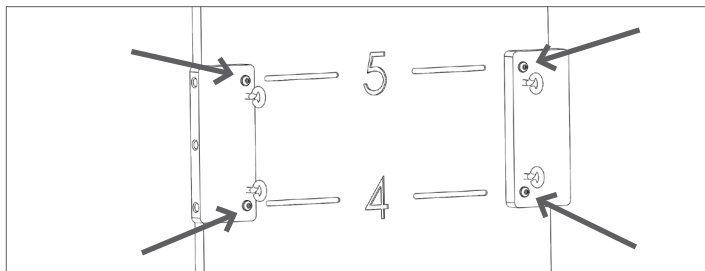


Figure C: The push-through bar mounting blocks installed. (arrows pointing to mounting screws.)

4. IMPORTANT SAFETY NOTE: The safety strap must be installed and properly used whenever doing anything where the push-through bar is spring loaded downward.

The carabiner at the end of the safety strap with the Velcro strip should be clipped to one of the two eyebolts at the top of the springboard. The safety strap should wrap around the push-through bar and the carabiner clipped to the loops of the safety strap during use. If there are not loops on the safety strap where you want, the safety strap can be wrapped multiple times around the push-through bar to adjust the push-through bar to your liking. When not in use the safety strap can hang from the top carabiner.

Routinely check the eyebolt that the safety strap is attached to for any bending. If it is bent, contact Balanced Body for a replacement.

If the push-through bar does not swing freely, loosen the mounting block screws with the push-through bar installed. Then re-tighten the screws. The push-through bar should help align the mounting blocks.