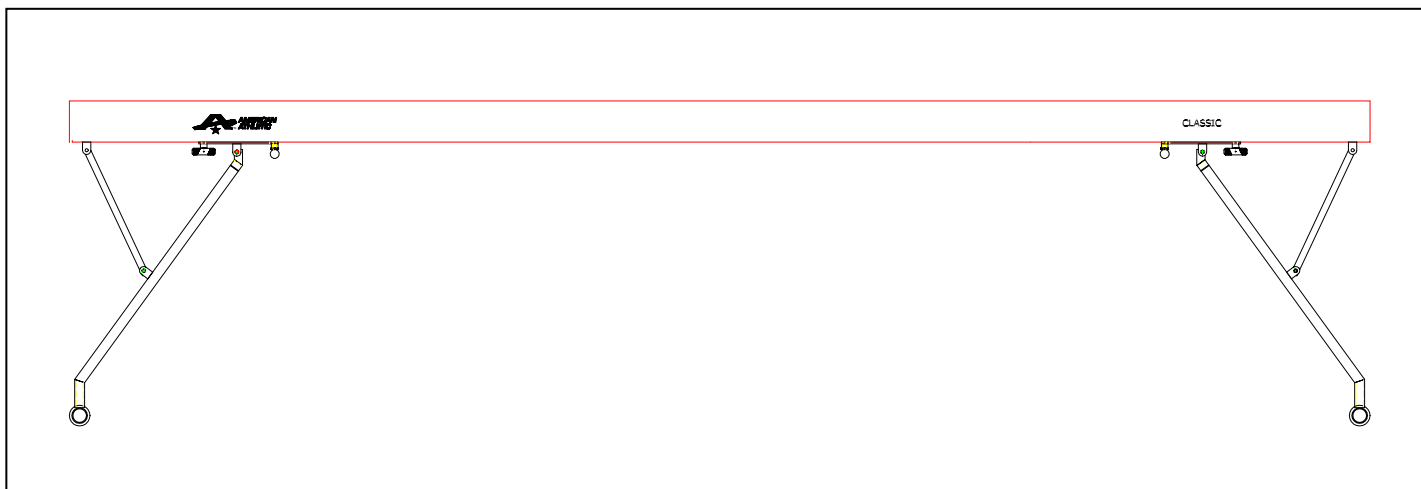


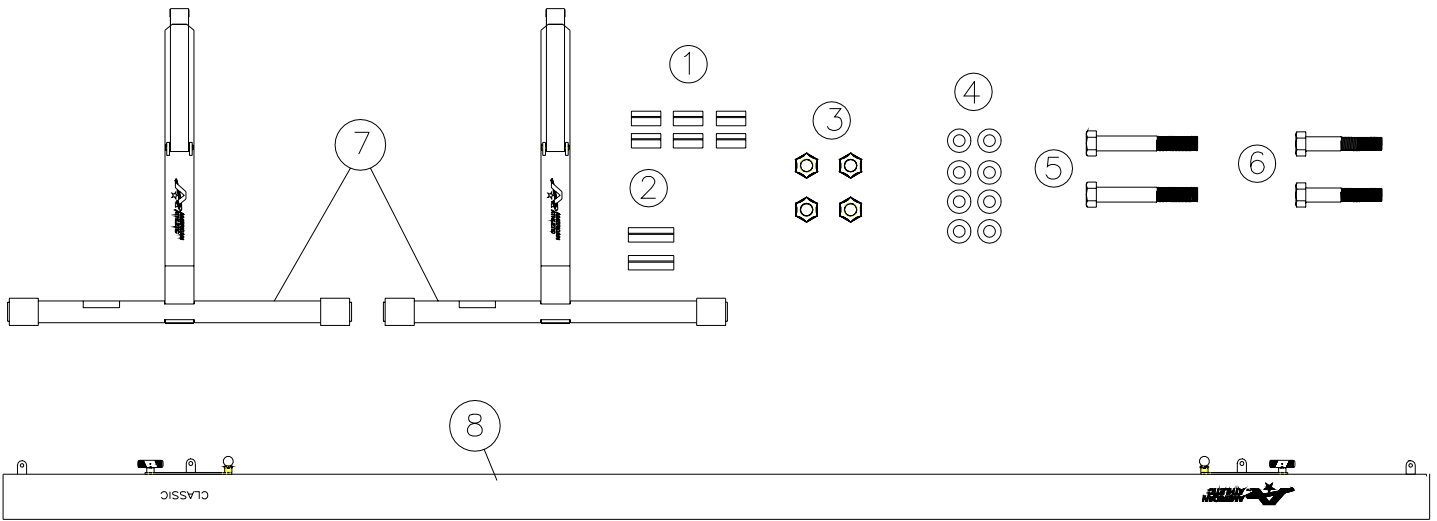


AMERICAN ATHLETIC, INC
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**BB-604-NRA CLASSIC SERIES
NON-REFLEX ADJUSTABLE AND
BB-604-NRNA CLASSIC SERIES
NON-REFLEX NON-ADJUSTABLE
BALANCE BEAMS**

MODEL NUMBER 406425/406427	LAST REVISION DATE 01-07-00	INSTRUCTION NO. 81835
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KEY	PART NO.	DESCRIPTION	QTY
1	0020120	13 MM X 26 MM SPRING PIN	6
2	0020122	13 MM X 45 MM SPRING PIN	2
3	0020391	3/8-16 CENTER LOCK NUT	4
4	0020399	3/8 NARROW FLAT WASHER	8
5	0020527	3/8-16 X 3-1/4 HEX HEAD CAP SCREW	2
6	0021280	3/8-16 X 2-1/2 HEX HEAD CAP SCREW	2
7	0072428	BEAM BASE ASSEMBLY	2
8	0072432 OR 0072509	NON-REFLEX NON-ADJUSTABLE BEAM ASSEMBLY NON-REFLEX ADJUSTABLE BEAM ASSEMBLY	1

YOUR CLASSIC NON-REFLEX ADJUSTABLE BALANCE BEAM COMES TO YOU IN 2 PACKAGES:

- (1) #406441 BEAM BASE PACKAGE
- (1) #406427 BEAM PACKAGE

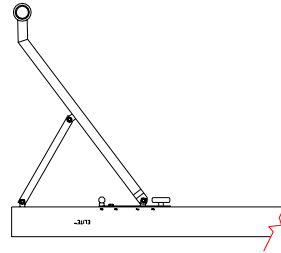
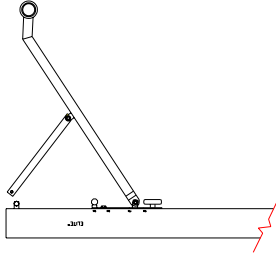
YOUR CLASSIC NON-REFLEX NON-ADJUSTABLE BALANCE BEAM COMES TO YOU IN 2 PACKAGES:

- (1) #406441 BEAM BASE PACKAGE
- (1) #406422 BEAM PACKAGE

Make sure you have received all the parts before discarding packaging. The parts bag is included in the crate with the beam assembly.

TO BEGIN ASSEMBLY

1. After all parts are unpacked, lay the beam assembly upside down on the cardboard packaging material to keep the performance surface clean.



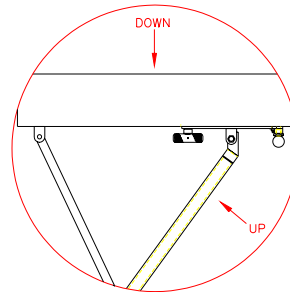
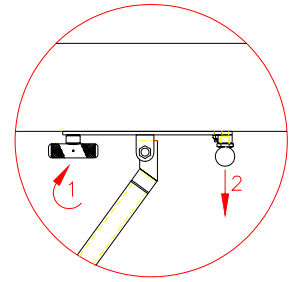
2. Begin by inserting the square portion of the beam leg in between the ears on the end plate (as shown to the left above). Tap a 13 mm x 26 mm spring pin (no. 1), which is about 1" long, through one ear. Tap another one through the other ear until they meet and are centered.
3. Slide a 3/8" washer (no. 6) onto the 3/8 x 2-1/2" cap screw and insert through the spring pins. Slide another 3/8" washer on the other side before installing 3/8" center lock nut. Tighten down securely. (the washers against the spring pins should allow you to tighten down without affecting the free movement of the leg assembly during adjustment.)
4. Next insert the brace rod between the ears on the end of the beam plate. Tap a 13 mm x 26 mm spring pin (no. 1), which is about 1" long, through one ear. Tap a 13 mm x 45 mm spring pin (no. 2), which is about 1-3/4" long, through the other ear until they meet and are centered.
5. Slide a 3/8" washer (no. 4) onto the 3/8 x 3-1/4" cap screw and insert through the spring pins. Slide another 3/8" washer on the other side before installing 3/8" center lock nut. Tighten down securely. (the washers against the spring pins should allow you to tighten down without affecting the free movement of the brace arm during adjustment and reflex action.)
6. Repeat above procedure for the other end of the balance beam.
7. Turn the beam over, taking care not to turn one side without turning the other side at the same time.

NOTE!!

To avoid twisting the beam top during assembly, make sure that you have one person at each end turning the beam over. Turning one end at a time will put a permanent twist on the beam assembly.

To adjust the beam (for the #407425 adjustable model)

1. Loosen the spin-down handle a few turns. Pull the snap lock and slide the leg up or down for adjustment. You can adjust down by pushing on the beam top, or pushing the leg away from you below the attachment point. You can adjust up by pulling upward on the beam, or pulling the leg back towards you in the same manner described above.
2. This balance beam has four height setting, 1000 mm, 1100 mm, 1200 mm, and 1250 mm. There are holes in the beam plate to lock the beam into these four settings.
3. When desired height is reached and the ball handle snaps into an adjustment hole, ***be sure to tighten the spin down handle securely.***



USING YOUR BB-604-NRA AND BB-604-NRNA BALANCE BEAM

- ✓ ***Always use safety mats beneath the beam and at both ends. Fig recommends 20 cm mats for beam competition.***
- ✓ ***American Athletic manufactures beam filler pads that fill the space created between a 15-1/2' mat under the beam and a mount or dismount mat on either end of the beam. These leg pads cover a width of 8' and connect with velcro flaps. Model no. 416385 is for 18 cm filler pads and 416380 are for 12 cm filler pads.***
- ✓ ***To further assure safety, you may choose to pad the legs. American Athletic manufactures beam leg pads that fit this beam (part #416390).***

Periodically check parts for wear and contact the factory for replacements