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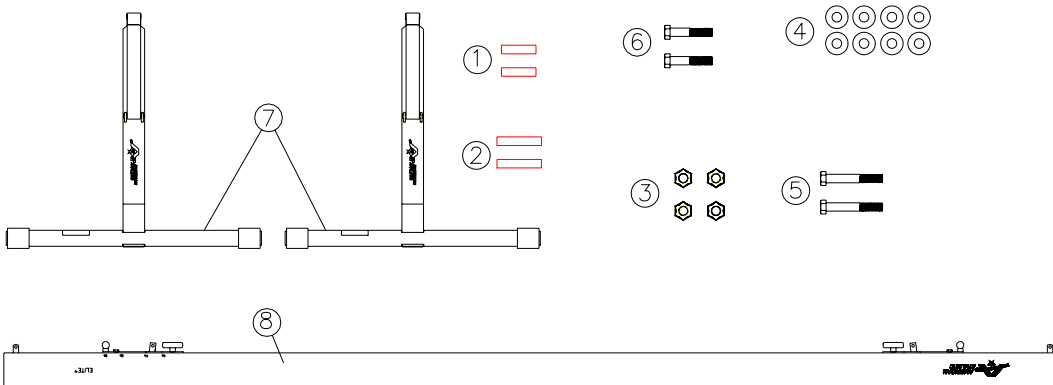
**BB-804-RA/BB-804-RNA
ELITE REFLEX ADJUSTABLE AND
ELITE REFLEX NON-ADJUSTABLE
BALANCE BEAM**

MODEL NUMBER 407430/407440	LAST REVISION DATE 08-24-04	INSTRUCTION NO. 81783
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Before You Begin Assembly

1. Your Reflex Balance Beam should arrive in 3 packages:

- #407441 Base Assembly (Qty. 2)
- #407442 Adjustable Reflex Beam Assembly (Qty. 1)
 or #407432 NA Reflex Beam Assembly (Qty. 1)
- You will need (2) 9/16 wrenches and a hammer for assembly

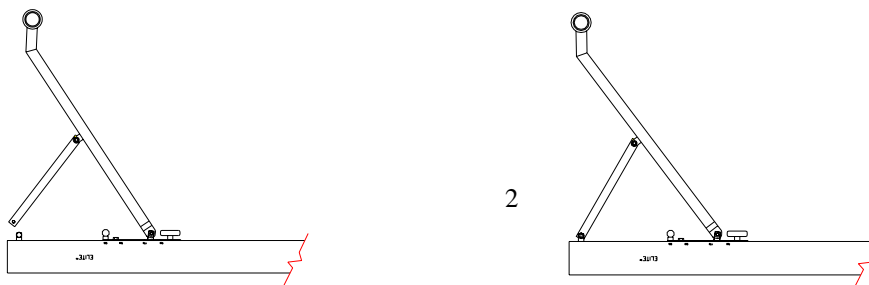


Assembly parts list

Key	Part No.	Description	Qty
1	0020123	13 mm x 55 mm spring pin	2
2	0020124	13 mm x 80 mm spring pin	2
3	0020396	3/8" nylok jam nut	4
4	0020399	3/8 narrow flat washer	8
5	0020561	3/8 x 3-1/2 hex head cap screw	2
6	0021280	3/8 x 2-1/2 hex head cap screw	2
7	0072131	Base assembly	2
8	0072137 or 0072420	Reflex Adjustable Beam Assembly Reflex Non-Adjustable Beam Assembly	1

2. Make sure you have received all packages and that all the parts listed are included. The parts bag containing the fasteners shown above is a plastic bag that is wrapped in blue material and packaged with the balance beam assembly in the wooden crate. **Be sure you do not discard this package!**

3. To begin assembly, lay the beam assembly upside down on the cardboard packaging material to keep the performance surface clean.



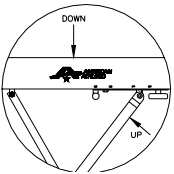
4. Lift the base assembly and align the ears on the upright with the hole in the reflex mechanism that is protruding from the end plate. Starting with the tapered end, tap 13 mm x 55 mm spring pin (No. 1) into the hole until it is centered. Slide a 3/8 washer (No. 4) onto the 3/8 x 2-1/2 hex head cap screw (No. 6). Insert through the spring pin and slide another 3/8 washer (No. 4) on before installing the 3/8 nylok jam nut. Tighten the bolts securely using (2) 9/16" wrenches.
5. Next align the brace with the ears on the end plate. Attach these two parts together by tapping in the 13 mm x 80 mm spring pin (No. 2), starting with the tapered end. Slide a 3/8 washer (No. 4) onto the 3/8 x 3-1/2 hex head cap screw (No. 5). Insert through the spring pin and slide another 3/8 washer (No. 4) on before installing the 3/8 nylok jam nut. Tighten the bolts securely using (2) 9/16" wrenches.
6. Repeat above procedure for the other end of the beam.
7. Turn the beam over, taking care not to turn one side without turning the other side at the same time.

Skip steps 8 through 11 for non-adjustable balance beams.

8. Next check to insure the adjusting mechanism works. To do this, turn the spin down handle a ***few turns*** to loosen the adjustment plates. *There is no need to spin the handle completely out to adjust beam height.*

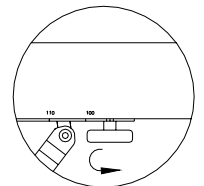


9. Rotate the black knob counter-clockwise until you can pull out on the ball handle and slide the leg up or down for adjustment. You can adjust down by pushing on the beam top, or pushing the leg away from you below the attachment point. You can adjust up by pulling upward on the beam, or pulling the leg back towards you in the same manner described above.



10. This balance beam has four height settings, 1000 mm, 1100 mm, 1200 mm, and 1250 mm. There are holes in the beam plate to lock the beam into these four settings.

11. When desired height is reached and the ball handle snaps into an adjustment hole, be sure to tighten both the ball handle and the spin down handle by turning clockwise.



12. If you are getting movement out of the beam, you may need to tighten attachment points of the leg to the beam, *but always be sure to check that the beam still adjusts with ease.*

IMPORTANT!

To adjust beam height, loosen large handled spin lock by turning counter clockwise a few turns. Next disengage the adjustment lock by spinning handle counter-clockwise and then pulling out on the knob. Adjust beam height up or down and allow adjustment lock to snap into adjustment hole. Remember to tighten the positive lock by turning the knob clockwise. You also need to turn the large handled spin lock to tighten.

USING YOUR BB-804-RA or BB-804-RNA 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. 416310 is for 20 cm filler pads and 416315 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 #416320).*
- ✓ *If you experience difficulty adjusting your beam, be sure to check that attachment bolts are not over-tightened. It only takes one bolt being over-tightened to restrict the ease of adjustment.*
- ✓ *Periodically check parts for wear and contact the factory for replacements.*