

INGROUND TUMBL TRAK

Parts needed:

- (2) 10' Rails for each 10' Section of Tumbl Trak
- (1) 87 ½" long End Rail (for units with closed ends only)
- (100) Springs for each 10' Section of Tumbl Trak (+24 springs for units that have a closed end)
- (1) 60" Wide Tumbl Trak Polypropylene Bed. The length of the bed will vary according to the length of your Tumbl Trak or the length ordered.
- (4) 5' long x 14" wide pads for each 10' Section of Tumbl Trak (Each pad should have 2" hook Velcro sewn on the backside)
- (1) End Pad (for units that have a closed end)
- 16 Mushroom head spike bolts for each 10' section of Tumbl Trak
- Spring Tool
- (20 ft) loop Velcro for each 10' section of Tumbl Trak
- (1) Owners Manual and a "Tumbling with Tumbl Trak" Video Tape--Please view for visual assembly instructions.

1. FRAME INSTALLATION

Drill a 1/2" hole every 16" apart on the top edge of the cement floor of the pit. The first hole should be located 4" from the end of the first Tumbl Trak rail (see drawing) The rails should overhang the wall by 1¼" on each side, so that the inside dimension of the rails across the pit is 75 ½". Use a level to make sure the rails are installed as straight as possible. We suggest that the rails be anchored to the pit with the Mushroom Head Steel Spike (provided). These bolts act as the bolt and anchor (no additional concrete anchor is required). Before hammering the spike into the concrete, be sure to clear the hole of concrete fragments to ensure a solid fitting.

2. SPRINGING THE BED- open ended units (closed end units- go to 2A)

- A. Decide which end of the bed will be used as the "take off" or dismount end. *****The "take-off end" is where the athletes dismount into a mat or pit.*** Start springing the bed on this end.
- B. Hook two springs on the first D-ring (the silver rings that are sewn along the edges of the bed).
- C. Using the Spring Tool, attach the first spring to the first hole on the frame.
- D. The second spring will attach to the second frame hole. See instructions on using the Spring Tool below.
- E. The third spring will attach to the second D-ring and hook to the third frame hole. **ALWAYS ATTACH HOOKS DOWNWARDS!!!**
- F. Repeat on the other side.
- G. As you continue springing the bed, skip the **tenth** frame hole to angle the springs, pulling the bed tight and smooth. (DO NOT skip every 10 holes). When the bed is attached properly, it should be smooth and tight. It may be necessary to skip additional sets of holes along the frame to keep the springs at an angle, pulling the bed smooth and tight. If you end up with bed that overhangs the frame, simply fold the extra bed up under the Tumbl Trak and attach loosely with any extra springs. **WARNING:** Tumbl Trak cannot be held responsible for beds that are not strung up according to these instructions.
- H. Springing the bed will be much easier and quicker if you have another person hand springing the opposite side of the Tumbl Trak while you are using the Spring Tool to spring one side. When hand springing the opposite side of the Tumbl Trak, be sure to stay at least 4-5 springs ahead of the person using the Spring Tool.
If you are setting up the Tumbl Trak by yourself, hand spring 4-9 springs on one side then alternated to the other side and continue to use the Spring tool to spring the 2-7 springs before you alternate to the other side again. By continuing down the bed further on the hand sprung side, the amount of effort to hand spring will remain low.
- I. The last 2-3 springs will attach to the frame at an angle; this pulls the end of the bed tight.
- J. After all D-rings have springs attached to them, double spring the last d-rings on each side of the frame. The springs may be difficult to hook, but will provide extra support for the end of the bed.
- K. After the bed is sprung, there should be 2-3 frame holes that do not have springs in them.

Tip: In 3-4 years when the springs start to wear out, you can re-string the bed and skip more frame holes, stretching the bed to the last frame hole. This will pull the springs tighter and give you at least another year of use.

For Safety and liability reasons, the polypropylene bed of your Tumbl Trak should be replaced every 5-6 years.

2-A. **SPRINGING THE BED- closed ended units**

A. Start springing the bed on the closed end. The end of your bed will have 26 d-rings, however, there are 37 holes in the rail. You will need to skip 4 holes on each end. Spring 3 holes, then skip one.

Spring 10 holes, then skip one. Spring another 10 holes, then skip one. Spring 3 holes and the final 4 holes should remain empty. (Please refer to the diagram)

B. As you begin to spring up the long ends of the Tumbl Trak, you'll need to skip the first 3 holes on each side (see diagram). On the fourth hole, hook two springs on the first D-ring (the silver rings that are sewn along the edges of the bed).

C. Using the Spring Tool, attach the first spring to the fourth hole on the frame.

D. The second spring will attach to the fifth frame hole. See instructions on using the Spring Tool below.

E. The third spring will attach to the second D-ring and hook to the sixth frame hole. **ALWAYS ATTACH HOOKS DOWNWARDS!!!**

F. Repeat on the other side.

G. As you continue springing the bed, skip the **thirteenth** frame hole to angle the springs, pulling the bed tight and smooth. (DO NOT skip every 10 holes). When the bed is attached properly, it should be smooth and tight. It may be necessary to skip additional sets of holes along the frame to keep the springs at an angle, pulling the bed smooth and tight. If you end up with bed that overhangs the frame, simply fold the extra bed up under the Tumbl Trak and attach loosely with any extra springs.

WARNING: Tumbl Trak cannot be held responsible for beds that are not strung up according to these instruction.

H. The last 2-3 springs will attach to the frame at an angle; this pulls the end of the bed tight.

I. After all D-rings have springs attached to them, double spring the last d-rings on each side of the frame. The springs may be difficult to hook, but will provide extra support for the end of the bed.

J. After the bed is sprung, there should be 2-3 frame holes that do not have springs in them.

Tip: In 3-4 years when the springs start to wear out, you can re-string the bed and skip more frame holes, stretching the bed to the last frame hole. This will pull the springs tighter and give you at least another year of use.

K. Springing the closed end.

3. **USING THE SPRING TOOL**

This improved model has been re-designed for easier use. The bent end of the thicker rod fits in a frame hole, one down from the hole into which you want to place the spring. Use the smaller hook to stretch the spring onto the tool handle. With your other hand help place the spring into the desired hole. ****Watch your hands!!!** You may want to use gloves.



4. **ATTACHING THE FRAME PADS**

A. Attach the pressure sensitive loop Velcro to the outer edge of the holes on the Tumbl Trak rails.

B. Align the pre-sewn Velcro on the pads with the Velcro strips on the Tumbl Trak rails.

C. Make sure the springs, frame and bed flaps are covered by the pads.

A. After Assembly Checklist

After you have successfully assembled your Tumbl Trak, check the following points:

- **Is the bed of the Tumbl Trak smooth?** If it is wrinkled, check your assembly instructions (written or video), and re-spring the appropriate springs to draw the bed smooth. Commonly, new owners will forget to skip a hole (or holes) on the Tumbl Trak frame when springing the bed.
- Check to see that the Frame Pads are securely connected to the frame with Velcro, and that they cover the entire frame and springs.
- Check the landing surface at the end of your Tumbl Trak. If it is a Tumbl Trak landing mat, the end should have straps that fasten to the end of the frame. The end of the mat should be placed under the "take-off" end of the Tumbl Trak so that it rests against the last leg of the Tumbl Trak. If you are using other mats, check to see that they are of appropriate softness for landing; while not too soft to bottom out.

B. Maintenance Checks for the Tumbl Trak

Daily:

- * Check to see that the pads or mats are securely in place on the frame of the Tumbl Trak.
- * Check to see that the landing surface is set up for use in appropriate fashion.
- * (If applicable) Check to see that the runway and/or ramp is secure to the Tumbl Trak frame and to each other.
- * Tip: If you purchased a folding ramp with your Tumbl Trak, you may want to attach a strip of loop Velcro to the bed of the Tumbl Trak. The flap on the ramp will fasten to this Velcro strip, securing the ramp to the Tumbl Trak.

Weekly:

- * Check the bed of the Tumbl Trak once every week for wear. On some occasions the seam, near the edge where the D-rings are sewn can show a stretch in the black polypropylene material. It is common to have a stretch of up to 1 inch.
- * If there is a greater stretch, or any of the strands of material have actually torn, discontinue use and contact VTL Inc., Tumbl Trak at 1-800-331-4362.

C. Tumbling with Tumbl Trak

Remember that the Tumbl Trak has more "spring" than most tumbling surfaces. Your beginning to advanced athletes may need to start slowly when tumbling on the Tumbl Trak. There is the potential to over-power skills. Tumbl Trak suggests gymnasts start the skill standing and progress before going "all out". Make careful preparations to measure the approach to the take-off end of the Tumbl Trak. Gymnasts often dismount too close to the end of the bed. The red vinyl with the Tumbl Trak logo provides a visual cue to help gymnasts take-off.

For programs that plan to tumble off the Tumbl Trak into a loose foam pit, Tumbl Trak offers an end piece that fits under the "take-off" end of the Tumbl Trak bed. The Tumbl Trak end piece attaches to the frame and offers extra support under the "take-off" end of the bed.

D. Safety Suggestions for Use of the Tumbl Trak

1. Tumblers should be able to tumble in a straight line before using the Tumbl Trak.
2. The Tumbl Trak should be used under proper supervision only.
3. Explain to all new participants that the Tumbl Trak has more "spring" than most other tumbling surfaces, and that it should be approached with care. For example, it is very easy to over-rotate skills on the Tumbl Trak. Tumblers may barely be able to perform these skills on another surface. Over-rotating tumbling skills on or off of the Tumbl Trak can be risky and dangerous. A shorter and easier approach to a tumbling pass (rather than a hard run) will usually be more than sufficient on the Tumbl Trak.
4. Tumbling with 1.25" or 2" mats (such as panel mats or carpet-bonded foam) is an excellent way to slow down the tumblers and allow them to feel as if they are tumbling on a more traditional surface.
5. We suggest that the Tumbl Trak be set up with one of the following landing areas at the end. A mat that is 16-24 inches thick, a loose foam pit or a "resi"-pit at the "take-off" end. Although the Tumbl Trak can certainly be used as a landing surface for more difficult skills, it is more appropriate to take a progressive approach to the training of aerial skills.

E. Mat Use on the Tumbl Trak

1. PANEL MATS ON THE TUMBL TRAK:

Using mats in connection with the use of the Tumbl Trak enhances the potential for what can be taught and learned with Tumbl Trak. Often gymnasts will perform better with panel mats (or carpet-bonded foam) covering the entire surface of the Tumbl Trak. This makes the experience more like tumbling on a very springy tumbling platform. It also slows down the reaction of the Tumbl Trak bed and gives the gymnasts more time to make any adjustments. Using mats still allow the Tumbl Trak to offer more bounce than standard tumbling strips or platforms.

2. STACKED MATS ON THE TUMBL TRAK:

You may be interested in tumbling up onto a pile of mats on the Tumbl Trak for training purposes. Think carefully about the appropriate height of the pile for the size and ability of the athlete. Consider using an inclined mat, in the middle of the mat pile. This will help raise the surface of the pile without using as many mats, and the incline can make the landing safer.

3. PILLOW/STING MATS ON THE TUMBL TRAK:

Another use of mats on the Tumbl Trak, is to place smaller mats such as 4' x 6' x 8-12" mats (sometimes referred to as pillows, or sting mats) on the surface of the Tumbl Trak. Have the gymnasts attempt back handsprings or front skills, putting their hands on the mat and not their feet. This can be a very good test to see how well the gymnasts are stretching out their tumbling skills. Also, on their first attempts at a new series of skills, whether it be a round-off to a back handspring or a double layout to a whip-back, the gymnasts will feel much more secure landing on a mat that will slow down their bounce.

For Tumbling or bar skills, keep in mind that Tumbl Trak works well with or without matting. The matting only takes away a portion of the total bounce of Tumbl Trak. Even a 12" landing mat allows enough bounce to perform back handsprings and whip-backs.