

# ***TUMBL TRAK OWNERS MANUAL***

## **Table of Contents:**

### **I. Assembly Instructions for the Tumbl Trak**

- A. After Assembly Checklist
- B. Maintenance Checks for the Tumbl Trak
- C. Tumbling with Tumbl Trak
- D. Safety Suggestions for Use on the Tumbl Trak
- E. Mat Use on the Tumbl Trak

### **II. Tumbl Trak Accessories**

- A. The Adjustable Inclines
- B. The Frame Bar
- C. The Landing Mat System
- D. The Adjustable Landing Mat System
- E. Mini Trak XL
- F. Mini Trak and Ramp
- G. Tumbl Blocks and Ramps

### **III. Cross Support System**

***Congratulations on your acquisition of a Tumbl Trak product!*** The Tumbl Trak Line of Equipment has been designed and developed with the gymnastics coach **and** athlete in mind.

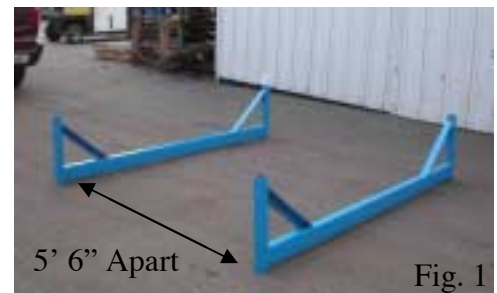
# I. T-21 TUMBL TRAK

## Parts needed:

- (2) 10' Rails for each 10' Section of Tumbl Trak
- (2) Legs for each 10' Section of Tumbl Trak.
- (100) Springs for each 10' Section of Tumbl Trak
- (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 pads for each 10' Section of Tumbl Trak (Each pad should have 2" hook Velcro sewn on the backside)
- (20 ft) loop Velcro for each 10' Section of Tumbl Trak
- (2) Bolts for each 10' Section of Tumbl Trak
- Spring Tool
- (4) End Caps
- (1) Owners Manual and a "Tumbling with Tumbl Trak" Video Tape--Please view for visual assembly instructions.

## 1. FRAME ASSEMBLY

- A. Start assembly from the "take-off" end. ***\*\*The "take-off end" is where the athletes dismount into a mat or pit.***
- B. Stand the legs upright so that the plastic caps are on the floor. The legs will run perpendicular to the length of the Tumbl Trak like railroad ties. Spread the legs out approximately 5' 6" apart from each other. Two legs will be used for every 10' of Tumbl Trak Frame. See Fig. 1
- C. Insert the down tubes of the 10' rails into the legs. The spring holes should face the inside of the Tumbl Trak. See Fig. 2 (this page) & 5 (on page 3).
- D. Match the host and guest ends of the rails and insert the bolts to fasten together. See Fig. 3
- E. If you purchased Adjustable Inclines with your Tumbl Trak, please go to Part A of the Tumbl Trak Accessories Section for assembly and use instructions.



## 2. SPRINGING THE BED

- A. Decide which end of the bed will be used as the "take off" or dismount end. Start springing the bed on this end. ***\*\*The "take-off end" is where the athletes dismount into a mat or pit.***
- B. Hook two springs on the first D-ring (the silver rings that are sewn along the edges of the bed). Using the Spring Tool, attach the first and second springs to the first two spring holes respectively. See Fig 4 (next page)
- C. The third spring will attach to the second D-ring and hook to the third frame hole. See Fig. 5

### **ALWAYS ATTACH HOOKS DOWNWARDS!!!**

- D. Repeat on the other side.
- E. As you continue springing the bed, skip the **tenth** frame hole to angle the springs, pulling the bed tight and smooth. See Fig. 5 & 8 (next page) (DO NOT skip every 10 holes- **only the tenth hole**). As you continue springing the bed, if you notice that the springs are no longer angled or that wrinkles are starting to form on the bed, then skip another set of frame holes. When the bed is attached properly, it should be smooth and tight.
- F. 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.

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

Note: If you have purchased a bed that is **longer** than your Tumbl Trak frame, tuck the rest of the bed under the back end. Tumbl Trak suggests that you put a block, runway or some support under this end. This will help prevent the bed in this area from being over-stressed. We suggest purchasing the frame extension for the Tumbl Trak within 2 years. Having the extra bed folded for a longer period of time may reduce the quality of the bed material.

### 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. See Fig 6

### 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.

### 5. ATTACHING THE END CAPS-- IMPORTANT!!!!

The end caps can be attached to each of the four corners of the Tumbl Trak. 2 Ft. of extra velcro has been included in your shipment. Cut the velcro into (4) 6" pieces. Strap the velcro onto the top of the steel rail, go around the endcap and fasten to the underside of the steel rail. This will hold the endcap in place on each corner. See Fig 7

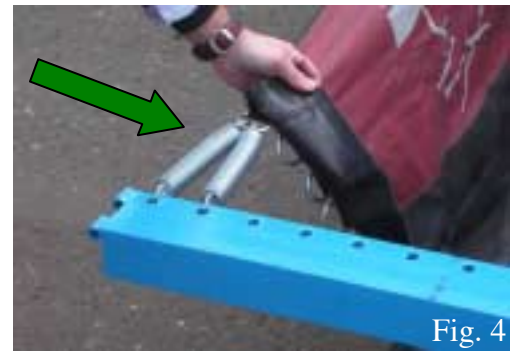


Fig. 4



Fig. 5



Fig. 6



Fig. 7

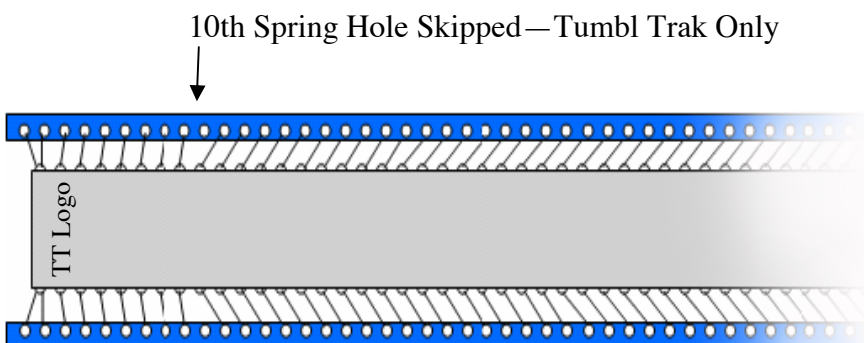


Fig. 8

## 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 on the Tumbl Trak frame.
- 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.

*Monthly:*

- \* Check the welds on the Tumbl Trak frame.

## C. Tumbling with Tumbl Trak

Remember that the Tumbl Trak has more "spring" than most tumbling surfaces. Your beginner 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. **\*\*The standard T-21 Tumbl Trak is not designed to be folded. If you fold up a section, you will break the frame.**
4. 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.
5. 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.
6. We suggest that the Tumbl Trak be set up with a mat that is 16-24 inches thick, a loose foam pit or a "resi"-pit at the "take-off" end. VTL can supply a 7'x14'x18" thick mat with a connecting device so that the mat is attached to the frame. The mat will fit under the colored Tumbl Trak Logo on the bed and up against the frame, so that tumblers who take off too near the end of the bed will have a mat to protect them. 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. For example:
  - Learn a back salto off the end of the Tumbl Trak into loose foam pit or soft, thick mat (a spotter may be used if necessary).
  - Then, the salto can be performed off the Tumbl Trak onto a firmer mat without the aid of a spotter.
  - The next step may be placing a 12", 8", or 4" mat on the Tumbl Trak and landing the salto on this mat.
  - Finally, the skill may be landed on the Tumbl Trak without a mat on the bed.

*Skipping steps in the progressions suggested above may be dangerous, because the participant may not be mentally or physically prepared to perform the skill safely. Neither the Tumbl Trak, spotters, or mats are any substitute for proper training. Coaches should never assume that any of these can take the place of proper training.*

## 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.*

## II. TUMBL TRAK ACCESSORIES

### A. The Adjustable Inclines

#### 1. ASSEMBLY INSTRUCTIONS

- A. Decide which end of the Tumbl Trak you want to have inclined.
- B. Position one of the Incline Legs on this end.
- C. The second Incline Leg should be used next, so that both Incline Legs are used in the same 10' section.
- D. Both Incline Legs have two incline heights/levels. The Incline Leg on the very end of the Tumbl Trak should be raised to the **highest** incline height/level. The other Incline Leg should be raised to the **lowest** incline level/height. This will allow the Tumbl Trak to be inclined gradually allowing for the greatest stability.

#### 2. TO ADJUST THE INCLINE - You should have two or more people available to help.

- A. Lift the Tumbl Trak
- B. Pull out the ring on the snap-lock
- C. Slide the insert tube up or down, as desired. You may need to hold the insert, by hand, to move it.
- D. Make certain that you hear the insert lock in place. **Be careful not to pinch your hand.**  
**Note:** Normally, it requires 2 people to lift the Tumbl Trak while one or two people put the inserts in place.

#### 3. INCLINING- GENERAL

Inclining the Tumbl Trak for tumbling, vaulting or bar skills can help any level athlete achieve new skills and perfect old skills much quicker. For tumbling skills, most gymnastics programs are aware of the advantages of inclined mats and hills. Gymnasts who are just starting to develop their back handsprings, will have greater success with an inclined Tumbl Trak. Placing a soft mat on the Tumbl Trak will offer instant feedback on the technique of the handspring. Even a 4 foot tall child should be able to perform a back handspring over at least a 4 foot mat going down the Tumbl Trak.

#### 4. INCLINING- BAR SKILLS

For bar training skills an incline can help all levels. When the gymnasts bounce off the inclined section, it is much easier to extend back up to a handstand. Beginners will especially appreciate the earlier successes they will achieve with the help of the incline.

### B. The Frame Bar

*\*\*Can be used on the Tumbl Trak, Porta Trak Workstation, Kid Trak and Mini Trak XL\*\**

#### 1. ATTACHING THE FRAME BAR TO THE TUMBL TRAK

- A. The Frame Bar can be used anywhere along the frame of the Tumbl Trak.
- B. Decide where you will attach the Frame Bar.
- C. Remove the springs from the holes into which the Frame Bar will be placed. **Note:** Holes must be directly across from each other.
- D. Insert bolts of the Bar into the holes of the Tumbl Trak.
- E. Place steel knobs on the bolt ends underneath the Tumbl Trak rail and tighten securely.

#### 2. MAINTENENCE CHECKS

*Daily:*

- \* Check end fittings and make certain that they are tight daily.

*Weekly:*

- \* Check bar for any cracks or imperfections.

#### 3. TRAINING BAR USE

*Tumbl Trak suggests that before beginning use of the Frame Bar, the gymnasts show mastery of handstands on the floor and floor bar.*

### **BACK BOUNCES:**

- Early training for gymnasts using the Training Bar, should include lying on their backs and performing small bounces. Keep the back a little rounded, with the hips in contact with the bed, and the arms as straight as possible. The feet stay pointed at the ceiling. A pad may be placed in between the hands of the gymnasts to protect their heads and faces. As more bounce is developed, the gymnasts may extend their arms and body to a handstand. This movement may be attempted with a spotter if necessary.
- Another part of early bar training is to develop control of a handstand and drop onto the bed of the Tumbl Trak (this is the beginning of the drop for a front giant). This may be practiced with a floor (pirouette) bar onto a soft mat. Then the Training Bar may be used with a wedge or other mat to land on. The gymnasts must learn to drop from a straight handstand, keeping the arms straight and the shoulders opened. As they fall they must pike their hips and land with their back flat on the mat or Tumbl Trak bed. After the handstand drop is perfected, with the feet pointing, then build up to extend the arms and hips to a handstand. For beginners, a small wedge mat with the low edge facing the bar will make it easier to bounce back up to a handstand.

### **FRONT BOUNCES:**

- Bounces off the stomach should be learned with the same progressive approach as the back bounces. Start small and build up. Be very careful with these bounces, as incorrect action may cause back injury. After appropriate drills are perfected, start handstand to stomach and bounce.
- After the basic handstand, fall, and "bounce to handstand" is perfected, many other skills that move in and out of handstands, can be learned on the bar. These include:
  - All pirouette work off the back or stomach
  - Releases such as the Tkachev and Jaeger, and staldler work out of a straddle sit.
  - Gymnasts will also be able to get more comfortable with reverse gripped skills much quicker.

## **C. The Landing Mat System**

### Parts Needed:

- (2) 15' Rails
- (3) Short Legs
- (1) Tall Leg
- (80) 9" Springs (approx.)
- (1) Black Polypropylene Bed
- (1) 8'x15'x8" Soft Mat
- (1) Log Mat

### 1. **FRAME ASSEMBLY:**

- A. Position the three short legs closest to the Tumbl Trak (about 3 ft apart).
- B. The Tall Leg should be positioned on the end of the Landing Mat System (farthest from the Tumbl Trak).
- C. The Rails should be placed perpendicular to the Legs with the bent end of the rails farthest from the Tumbl Trak.
- D. The down tubes of the Rails slide into the receivers of the Legs. Use the PTO Pins to hook the Rails to the Legs.
- E. Use the red straps, that were shipped with the Landing Mat, to fasten the legs of the Tumbl Trak and the Landing Mat System together.

### 2. **SPRINGING THE BED:**

Begin springing from the end closest to the Tumbl Trak. Spring the bed on the frame using the 9" springs (Tumbl Trak springs are 6"). The springs can be put on by hand or with the spring tool provided. The bed does not need to be as wrinkle free as the **Tumbl Trak** bed and you will not need to skip any frame holes.



Spring tool shown with Tumbl Trak

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

### 3. **MAT PLACEMENT:**

The 8' x 15' x 8" thick mat should be placed on top of the tramp bed and should cover the entire *Landing Mat System* frame. Strap the mat to the frame with the buckled, elastic straps. The long skinny mat "log mat" should be placed ***on the floor*** directly underneath the *Landing Mat System*. The "log mat" provides extra safety in cases where an athlete may bottom when landing in the System.

**WARNING:** The Tumb Trak Landing System should be checked daily to see that the springs are connected properly and the 8' x 15' x 8" thick mat is connected to and covers the entire frame. Athletes using the Tumb Trak Landing System may be over-confident because of the softer landing surface, and may want to attempt skills that they have not prepared for properly. Also keep in mind that the *Landing Mat* has a "bouncier" surface than most landing surfaces. Athletes need to be trained to check their landing so that they cannot rebound off of the mat. A safety netting system is now available to attach to the frame of the *Landing Mat Frame* in order to prevent athletes from falling off the System. Please call 1-800-331-4362 for more details.

## D. The Adjustable Landing Mat System

The Adjustable Landing Mat System frame is the same as the standard Landing Mat System with the addition of two long poles. Simply slide these poles in the receivers located on the back part of the rails. These poles will allow the Landing Mat System to incline into a full back stop.

## E. Mini Trak XL

Parts Needed:

- (2) 6' Rails
- (1) Leg with Upright Base
- (1) Leg with Inclines
- (4) Nuts and Bolts
- (1) 63" x 26" Black Polypropylene Bed
- (2) 6' long x 10" wide Frame Pads
- (12 Ft) Velcro

### 1. **FRAME ASSEMBLY**

- A. Stand legs upright with plastic caps on the floor. Make sure both legs have wheels facing same direction and facing inward toward each other.
- B. Insert rail into first leg with spring holes facing inside of frame.
- C. Stand second leg upright and put insert portion of rail into leg.
- D. Insert second rail on opposite side.
- E. Insert the four bolts through top of the legs and rails. Secure with the wing nuts provided.

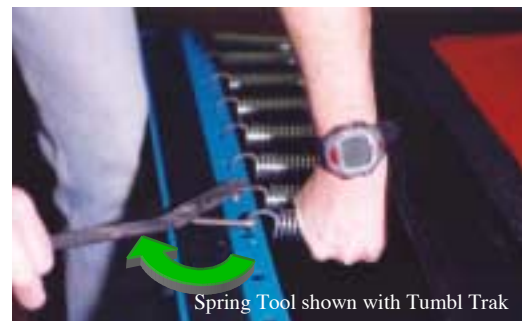
### 2. **SPRINGING THE BED**

- A. Decide which end of the bed will be used as the "take off" end. Start springing the bed on this end.
- B. Using the Spring Tool, attach one of the springs to the first hole on the frame. See instructions on using the Spring Tool below #3.

**ALWAYS ATTACH HOOKS DOWNWARDS!!!**

- C. Repeat on the other side.
- D. As you continue springing the bed, attach the springs alternately to both sides. This keeps the bed stretched evenly.
- E. **Note: The bed is very tight. Therefore, it may prove difficult to spring.**

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



### **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 on the outer edge of the holes on the Mini Trak XL rails.
- B. Align the Velcro strips pre-sewn on the pads with the Velcro strips on the Mini Trak XL rails.
- C. Make sure the springs, frame and bed flaps are covered by the pads.

## **F. MINI TRAK AND RAMP**

### **1. ASSEMBLY INSTRUCTIONS**

- A. The Mini Trak will arrive pre-strung.
- B. Attach the two longer legs to the back of the Mini Trak and the two shorter legs to the front of the Mini Trak. Use the provided Allen wrench to tighten the screws on the Mini Trak leg posts to secure the legs. The screws are already installed in the Mini Trak frame and only need to be tightened.
- C. Velcro the pad to the frame.

**2. USE INSTRUCTIONS Please view the Mini Trak video that was included with your purchase for suggested skills, drills and progressions using the Mini Trak and Ramp.**

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

## **G. Tumbl Blocks and Ramps**

Tumbl Blocks can be used as runways for the Tumbl Trak. It is important to use the appropriate height blocks. When the blocks are being used individually, the Velcro flaps on the bottom of the blocks should be velcroed to the block to keep them cleaner and not snag anything. The folding block also has a Velcro flap on the end of it so it won't slip sideways.

## **III. The Cross Support System**

### **1. USE INSTRUCTIONS**

- A. The Cross Supports are designed to support the Table Top and the Porta Table, making the Tumbl Trak useful for vaulting.
- B. To support a balance beam on the Tumbl Trak, use 2 sets of supports and adjust accordingly.
- C. To raise the Porta Table, place a Base Block on the Cross Supports with the Velcro flaps and then put the Porta Table on the top. You can also use the Table Top block instead of the Porta Table.