

Assembly Instructions

Tumbl Trak®



Thank you for purchasing the Original Tumbl Trak®

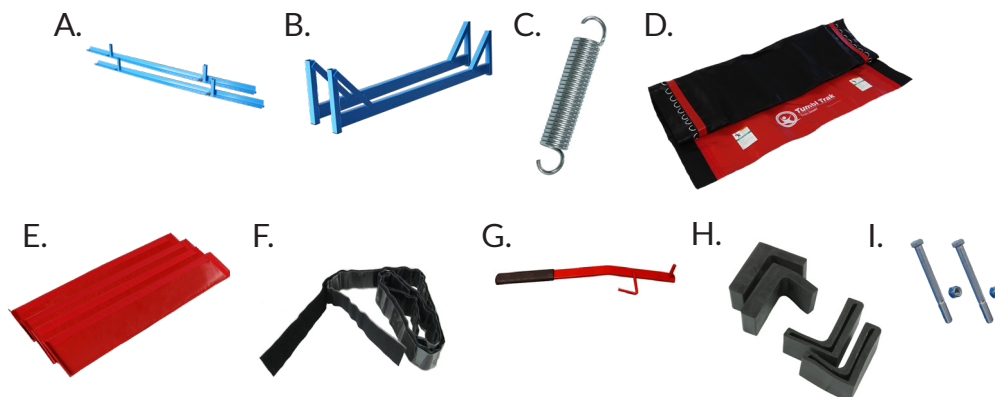
After opening the boxes, please check the parts list to make sure all pieces have arrived in good condition. If you have any questions during this assembly process, please call Customer Service.

Parts List

per 3m section

- A. (2) 3m Rails
- B. (2) Legs
- C. (100) Springs
- D. 1.5m wide Tumbl Trak Bed
- E. (4) 1.5m Pads
- F. (7m) Loop Fastener
- G. Spring Tool**
- H. (4) End Caps

Per Additional 3m Section:
I. (2) Nuts & Bolts



**Spring Tool is packed inside of the box containing the Tumbl Trak Bed.

*Approximation due to imperial measurement conversions

Any questions or problems, please call Tumbl Trak at +44 (0)2921 167949



WARNING

- Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.
- All users of this equipment assume this risk of serious injury.
- Mats and pits cannot and do not eliminate hazards.

Safety Instructions

ALWAYS:

1. Consult an instructor prior to use.
2. Use equipment **ONLY** under the supervision of trained and qualified instructors.
3. Use equipment with trained spotters and the proper spotting equipment.
4. Check equipment before use for proper positioning; equipment can move during use.
5. Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.
6. Use equipment **ONLY** when all hard exposed surfaces are protected with proper mats.
7. Assure that all inflatable equipment has sufficient air pressure to avoid injury.

DO NOT use the apparatus with damaged, worn or missing parts.

DO NOT allow more than one person at a time to use the equipment.



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Video Assembly Instructions



Frame Assembly

1. Place the legs in your desired location and stand upright so that the black plastic caps are on the floor. Space the legs out approximately 2m apart from each other. Two legs will be used for every 3m of Tumbler Trak frame.

2. Insert the down tubes of the 3m rails into the legs. The spring holes should face the inside of the Tumbler Trak.



3. Match the knuckles of the rails and insert the bolt to fasten together. Secure with the nut. Make sure the nut is on the inside of the frame.

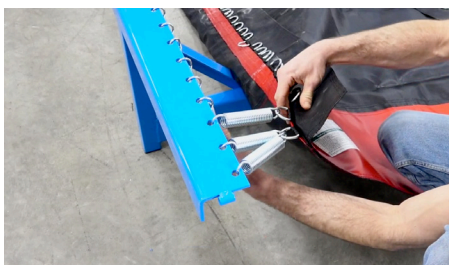
4. Repeat steps 1-3 for remaining 3m sections of your Tumbler Trak.



Springing the Bed

1. Prepare the bed by laying it out flat within the frame with the logo facing up. Decide which end of the bed will be used as the dismount end. Start springing the bed on this end.

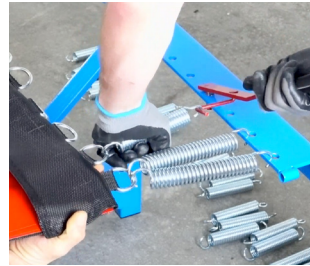
2. Attach the springs to the frame holes along one side of the frame, **skipping the tenth hole**. Be sure that the spring hooks point down.



3. Hook the first and second springs into the first D-ring. The third spring should go into the second D-ring and so forth.

The person using the spring tool should hold the spring tightly with one hand while using the tool in the other. This prevents the spring from shooting off of the D-ring if it slips from the tool. Gloves are recommended to protect your hands during this process.

4. Spring 6-7 springs on the first side before moving to the opposite side of the bed.



5. Using the spring tool, attach two springs to the first D-ring on the opposite side. Follow the same pattern as the first side, with the third spring going into the second D-ring and so forth.

6. Continue springing the bed on the first side, ensuring to skip the 10th hole in the frame. Make sure to skip the 10th hole on both sides of the frame. **DO NOT skip a D-Ring.**

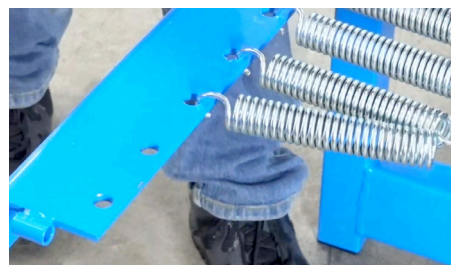
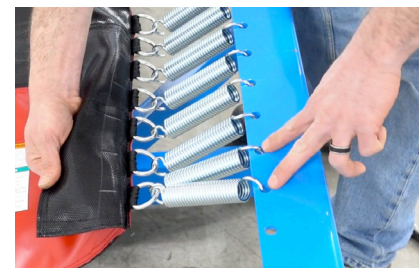


If the bed begins to wrinkle, skip another frame hole where the wrinkle is and continue to spring the bed as before. If you skip a frame hole, make sure to skip the same frame hole on the opposite side to make a smooth, wrinkle-free bed. **Never skip a D-Ring on the Tumbl Trak bed.**



7. Allow the first person to stay 7-10 springs ahead of the second person using the spring tool. The first person should spring all the way to the end of the Tumbl Trak to make sure no D-rings are skipped.

8. Spring the second to last and last spring to the final D-ring on the bed. Repeat for opposite side.



9. After you have sprung the bed, there will be 1-3 extra holes in the frame. These additional holes are there in case you need to skip another frame hole to make the bed tighter.

To watch the Tumbl Trak in action, visit our website: www.tumbltrak.co.uk



Attaching End Caps

1. There are two right and two left end caps. Locate the coordinating cap for each side.

2. Open the rubber end cap and slide it onto the end of the Tumbl Trak frame.



Attaching Frame Pads

1. Peel back the film at the start of the strip. Lay roughly 15cm of loop fastener along the underside of the metal frame, making sure not to cover up the holes. Secure the loop fastener to the frame. Wrap the loop fastener over the end caps, peeling the film while gently placing the loop fastener along the frame rail.

2. Once the loop fastener is applied, match the hook fastener strip on the pads with the loop fastener on the frame.



3. Secure the pad to the Tumbl Trak rail. Make sure the springs, frame, and bed flaps are covered by the pads.

The pads will attach to the loop fastener strip along the Tumbl Trak rail, and not the sewn in loop fastener along the outer edge of the Tumbl Trak bed.

After Assembly Checklist

Is the bed of the Tumbl Trak smooth?

If it is wrinkled, check your assembly instructions 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.

Are the Tumbl Trak Pads secure?

Check to see that the Frame Pads are securely connected to the frame with velcro and that they cover the entire frame and springs.

Where should the Safety Poster, included with the Tumbl Trak, be displayed?

Display the included Safety Poster in a visible area near your assembled Tumbl Trak.

Maintenance Checks for the Tumbl Trak

Daily:

- Check to see that the pads 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

Weekly:

- Over time, the seam near the D-rings on the bed may stretch slightly, which is normal. A stretch of up to 2.5cm is acceptable. However, if the stretch exceeds 2.5cm or any strands of the material are torn, discontinue use and contact Tumbl Trak at +44 (0)2921 167949.
- The weave of the bed may separate slightly with use, which is also normal. However, if the gap in the weave is large enough to fit a pencil through without forcing it, discontinue use and contact Tumbl Trak at +44 (0)2921 167949 for assistance.

Tumbling on the 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, helping gymnasts know where to take off just before reaching this red vinyl.

To watch the Tumbl Trak in action,
visit our website: www.tumbltrak.co.uk



Tumbl Trak
Train Smart

Safety Suggestions for Use of the Tumbl Trak

- Tumblers should be able to tumble in a straight line before using the Tumbl Trak
- The Tumbl Trak should be used **UNDER PROPER SUPERVISION ONLY**
- The standard Original Tumbl Trak is **NOT** designed to be folded. If you fold up a section, you **WILL** break the frame
- 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.
- We suggest that the Tumbl Trak be set up with a dismount area at the 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. If athletes are dismounting into a pit, please check industry standards for specifications. Tumbl Trak recommends that the bottom and ALL sides of the pits have padding.
- Be familiar with the Tumbl Trak information that has been provided to you
- Perform Tumbl Trak maintenance checks as suggested in this Tumbl Trak owner’s manual

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, nor mats are any substitute for proper training. Coaches should never assume that any of these can take the place of proper training.

NOTE: Tumbl Trak equipment is not recommended for use in Parkour/Free Running related activities.

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