

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.