

INGROUND TUMBL TRAK™ OWNERS MANUAL

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Congratulations on your acquisition of a Tumb Trak™ product! The Tumb Trak™ Line of Equipment has been designed and developed with the gymnastics coach **and** athlete in mind. Tumb Trak™ is dedicated to helping young athletes train smarter.

I. INGROUND TUMBL TRAK™

Parts needed:

- (2) 10' Rails for each 10' Section of Inground Tumbler Trak™
- (1) 87 ½" long End Rail (for units with closed ends only)
- (100) Springs for each 10' Section of Inground Tumbler Trak™ (+24 springs for closed end units)
- (1) 60" Wide Tumbler Trak™ Black Polypropylene Bed - The length of the bed will vary according to the length of your Inground Tumbler Trak™ or the length ordered.
- (4) 5' long x 14" wide pads for each 10' Section of Inground Tumbler 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 Inground Tumbler Trak™
- Spring Tool
- (20 ft) loop Velcro for each 10' section of Inground Tumbler Trak™
- (1) Owners Manual and a "Tumbler Trak™ Owners Video" DVD – Please view for visual assembly instructions. (This DVD was created for the Original, above ground, Tumbler Trak™. However the basic steps are similar to the Inground Tumbler Trak™.)

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 Inground Tumbler Trak™ rail. 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.



Fig. 1

2. SPRINGING THE BED- open ended units (closed end units- go to 3)

- 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.***
- Hook two springs on the first D-ring – the silver rings that are sewn along the edges of the bed (See Fig. 1).
- Using the Spring Tool (See Fig. 2), attach the first spring to the first hole on the frame.
- The second spring will attach to the second frame hole.
- The third spring will attach to the second D-ring and hook to the third frame hole. **ALWAYS ATTACH HOOKS DOWNWARDS!!!**
- Repeat on the other side.
- 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 (10th, 20th, 30th, etc) - **only the 10th hole**. 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 Inground Tumbler Trak™ and attach loosely with any extra springs. **WARNING:** Tumbler Trak™ cannot be held responsible for beds that are not strung up according to these instructions.



Fig. 2

- H. Springing the bed will be much easier and quicker if you have another person hand springing the opposite side of the Inground Tumbler Trak™ while you are using the Spring Tool to spring one side. When hand springing the opposite side of the Inground Tumbler Trak™, be sure to stay at least 4-5 springs ahead of the person using the Spring Tool. If you are setting up the Inground Tumbler Trak™ by yourself, hand spring 4-9 springs on one side then alternate 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 if the springs become stretched you can call and order more springs (in quantities of 50 or 100).

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

3. **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, and then skip one. Spring another 10 holes, then skip one. Spring 3 holes and the final 4 holes should remain empty.
- B. As you begin to spring up the long ends of the Inground Tumbler Trak™, you will need to skip the first 3 holes on each side. 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 (See Fig. 2, above), 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 13 holes (26th, 39th, 52nd, etc) - **only the 13th hole**. 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 Inground Tumbler Trak™ and attach loosely with any extra springs. **WARNING:** Tumbler 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 if the springs become stretched you can call and order more springs (in quantities of 50 or 100).

4. **USING THE SPRING TOOL**

This model has been 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.

5. **ATTACHING THE FRAME PADS**

- A. Attach the pressure sensitive loop Velcro to the outer edge of the holes on the Inground Tumbler Trak™ rails.
- B. Align the pre-sewn Velcro on the pads with the Velcro strips on the Inground Tumbler 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 Inground Tumbl Trak™, check the following points:

- **Is the bed of the Tumbl Trak™ smooth?** If it is wrinkled, check your assembly instructions (written or DVD), and re-spring the appropriate springs to draw the bed smooth. Commonly, new owners will forget to skip a hole (or holes) on the Inground 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 Industry Standards for landing surfaces or types for an Inground Tumbl Trak™.
- Post the included Safety Poster in a visible area near your assembled Inground Tumbl Trak™.

B. Maintenance Checks for the Inground Tumbl Trak™

Daily:

- ★ Check to see that the pads are securely in place on the frame of the Inground Tumbl Trak™.
- ★ Check to see that the landing surface is set up for use in appropriate fashion.

Weekly:

- ★ Check the bed of the Inground 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 Tumbl Trak™ at 1-800-331-4362.

Monthly:

- ★ Remove pads to check mushroom head spike bolts; if loose tap back in with a hammer.

C. Tumbling with Inground Tumbl Trak™

Remember that the Inground Tumbl Trak™ has more “spring” than most tumbling surfaces. Your beginning to advanced athletes may need to start slowly when tumbling on the Inground 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 Inground 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 Inground Tumbl Trak™ into a loose foam pit, Tumbl Trak™ offers an end block that fits under the "take-off" end of the Tumbl Trak™ bed. The Tumbl Trak™ end block attaches to the frame and offers extra support under the "take-off" end of the bed.

D. Safety Suggestions for Use of the Inground Tumbl Trak™

1. Tumblers should be able to tumble in a straight line before using the Inground Tumbl Trak™.
2. The Inground Tumbl Trak™ should be used UNDER PROPER SUPERVISION ONLY.
3. Explain to all new participants that the Inground 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 Inground Tumbl Trak™. Tumblers may barely be able to perform these skills on another surface. Over-rotating tumbling skills on or off of the Inground 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 Inground Tumbl Trak™. 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.
4. Be familiar with the Inground Tumbl Trak™ information that has been provided to you.
5. Perform Inground Tumbl Trak™ maintenance checks as suggested in this Inground Tumbl Trak™ owner's manual.
6. Because of additional inherent risk, it is not recommended that anyone over the age of 18 should use this equipment.

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. For proper technique please refer to the enclosed DVD or visit our Training Tips at www.tumbltrak.com.

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