

PORTA TRAK OWNERS MANUAL

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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. Tumbl Trak™ is dedicated to helping young athletes train smarter.

I. PORTA TRAK

1. FRAME ASSEMBLY

- A. Each leg is specifically numbered to correspond with a specific hole in the frame.
- B. Lay the 2 Porta Trak rails out side by side approximately 6 feet apart.
- C. Stand the legs upright so that the plastic cap end is on the floor. The legs will run perpendicular to the length of the Porta Trak (like railroad ties). Match up the number on the legs with the number inside the square host sections of the rail (See Fig. 2 & 3).



Fig. 1

- D. Connect the legs to the rails (See Fig. 4) using the bolts provided and fasten tightly. The bolts are meant to be longer than the Porta Trak legs as the frame is aluminum and bolts that are too tight could damage the Porta Trak legs.
- E. Wheel placement: If you match up the numbered legs to the numbered host section of the rail you should not have to worry about the wheel placement as the legs are already numbered in the correct configuration. In the event that the legs are not numbered please reference the drawing on page 4.

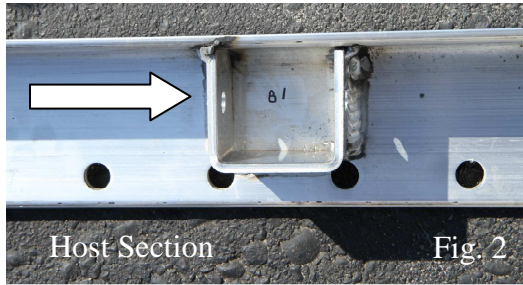


Fig. 2

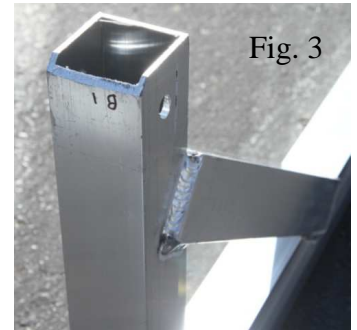


Fig. 3

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. Hook two springs on the first D-ring – the silver rings that are sewn along the edges of the bed (See Figure 5 or the drawing on the bottom of page 4 for details).
- C. Using the Spring Tool, attach one of the springs to the first hole on the frame and the other spring to the second frame hole.
- D. The third spring will attach to the second D-ring and hook to the third frame hole.



Fig. 4

ALWAYS ATTACH HOOKS DOWNWARDS!!!

- E. Repeat on the other side.
- F. Springing the bed will be much easier and quicker if you have another person hand springing the opposite side of the Porta Trak while you are using the Spring Tool to spring one side. When hand springing the opposite side of the Porta Trak, be sure to stay at least 4-5 springs ahead of the person using the Spring Tool. **It is necessary to skip the hole and D-ring where the hinge is located.** When the bed is attached properly, it should be smooth and tight. It will be necessary to skip a hole within the first 15-20 holes to keep the bed wrinkle free. If you are setting up the Porta 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.
- 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.



Fig. 5

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

Because of the manufacturer's variance in the length of Porta Trak beds, your bed may be slightly shorter or longer than the length of the Workstation frame.

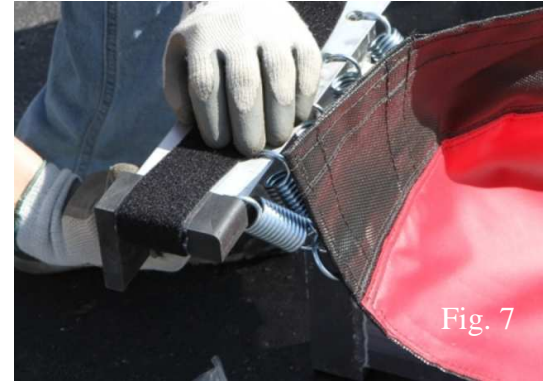
3. USING THE SPRING TOOL

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 should use gloves (See Fig. 6).



4. ATTACHING THE FRAME PADS & END CAPS

- A. Attach the pressure sensitive loop Velcro on the outer edge of the holes on the Porta Trak rails leaving 6” extra at each end to attach the endcaps.
- B. Align the pre-sewn Velcro on the pads with the Velcro strips on the Porta Trak rails.
- C. Make sure the springs, frame, and bed flaps are covered by the pads.
- D. Attach an endcap to each of the four corners of the Porta Trak.
- E. *Use the extra 6” of Velcro to wrap around the endcap and fasten the Velcro to the underside of the rail (See Fig. 7).*



5. FOLDING THE PORTA TRAK

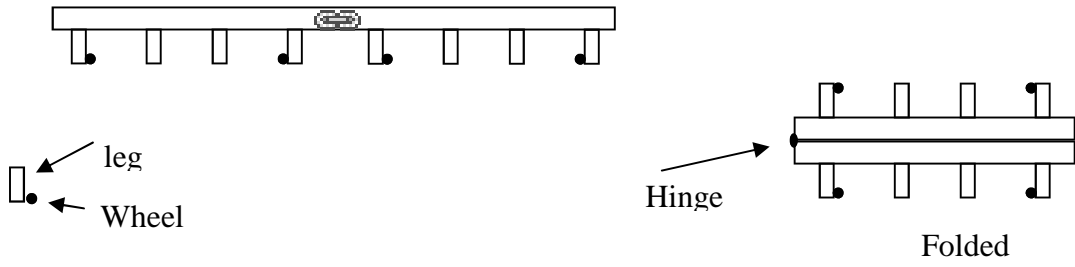
You will need to remove the pads on the frame *before* folding. ***Folding the frame with the pads still attached may cause the hinge to break.***

6. TRANSPORTING THE PORTA TRAK

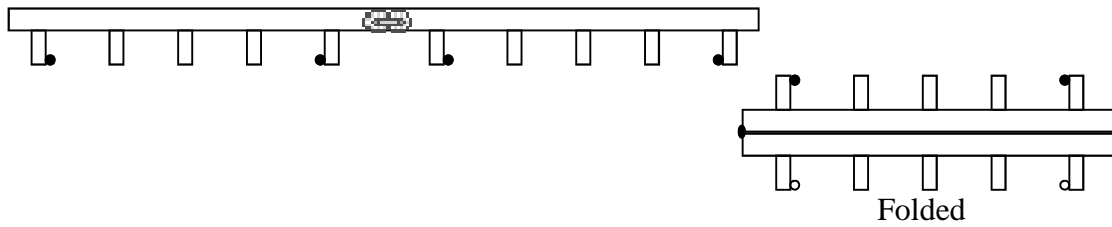
After the unit is folded, then lift onto its side with the wheels attached and slowly roll and then lower it down. To open, again use two or more people. The pads will need to be put back on when you set it back up.

Be very careful when folding and transporting any Porta Traks. Always use appropriate assistance.

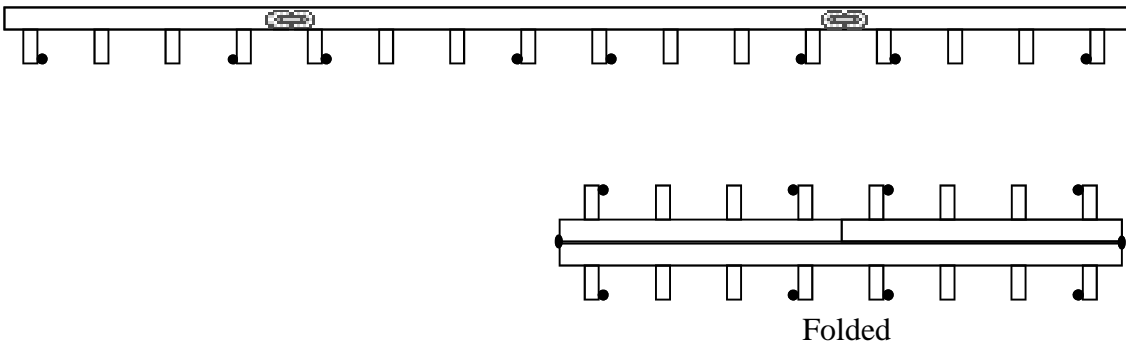
15' Porta Trak



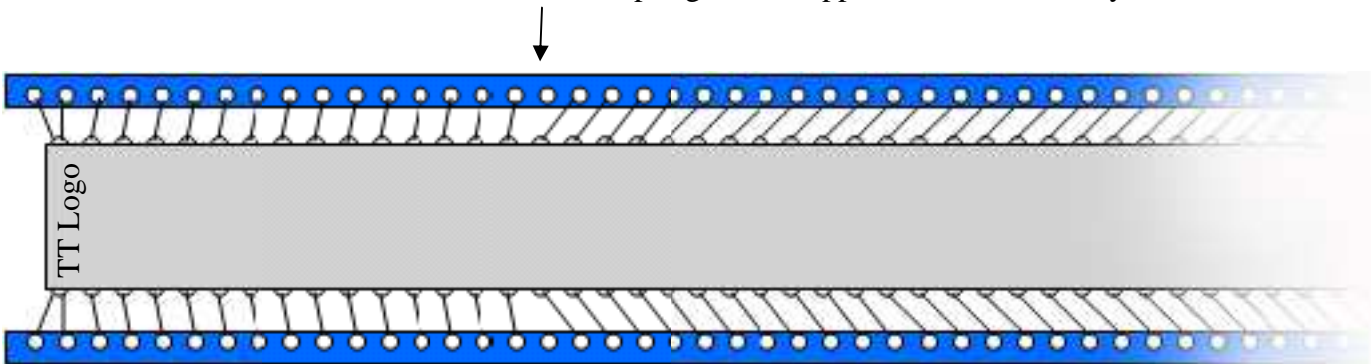
20' Porta Trak



30' Porta Trak



17th Spring Hole Skipped—Porta Trak Only



A. After Assembly Checklist

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

- **Is the bed of the Porta 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 on the Porta 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 Porta Trak. Tumbl Trak's™ Porta Trak Dismount Mat has straps that fasten to the end of the frame. The end of the mat should be placed under the "take-off" end of the Porta Trak so that it rests against the last leg of the Porta Trak. Tumbl Trak's™ Porta Trak Dismount Mat has been designed specifically to be paired with Tumbl Trak's™ Porta Trak.
- Post the included Safety Poster in a visible area near your assembled Porta Trak.

B. Maintenance Checks for the Porta Trak

Daily:

- ★ Check to see that the pads are securely in place on the frame of the Porta 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 Porta Trak frame and to each other.
- ★ **Tip:** If you purchased a folding ramp with your Porta Trak, you may want to attach a strip of loop Velcro to the bed of the Porta Trak. The flap on the ramp will fasten to this Velcro strip, securing the ramp to the Porta Trak.

Weekly:

- ★ Check the bed of the Porta 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 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:

- ★ Check the welds on the Porta Trak frame.

C. Tumbling with Porta Trak

Remember that the Porta Trak has more “spring” than most tumbling surfaces. Your beginner to advanced athletes may need to start slowly when tumbling on the Porta 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 Porta 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.

D. Safety Suggestions for Use of the Porta Trak

1. Tumblers should be able to tumble in a straight line before using the Porta Trak.
2. The Porta Trak should be used UNDER PROPER SUPERVISION ONLY.
3. Explain to all new participants that the Porta 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 Porta Trak. Tumblers may barely be able to perform these skills on another surface. Over-rotating tumbling skills on or off of the Porta 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 Porta 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 Porta Trak be set up with a mat that is 12 inches thick, a loose foam pit or a "resi"-pit at the "take-off" end. Tumbler Trak™ can supply a 6'x12'x12" thick mat with a connecting device so that the mat is attached to the frame. The mat will fit under the colored Tumbler 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 Porta 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. Tumbler Trak™ recommends that the bottom and ALL sides of the pits have padding.
6. Be familiar with the Porta Trak information that has been provided to you.
7. Perform Porta Trak maintenance checks as suggested in this Porta Trak owner's manual.
8. Because of additional inherent risk, it is not recommended that anyone over the age of 18 should use the 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 Porta 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.tumbtrak.com.

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