

General Specifications

The timber rings used by ACROMAT conform to Olympic F.I.G. Specifications. These superwood rings are made from veneers of European Beech laminated under extreme pressure and temperature.

Installation

When ordering fixed or hoistaway rings, please provide details of building where fixings occur.

- a. Floor plan
- b. Internal elevations
- c. Sections of wall and ceiling
- d. Structural steel drawings

ACROMAT's trained engineers will design and supply all fixings required for the installation.

Safety

Check rings and straps, cables, height adjusting systems and all fittings regularly to ensure they are in good condition and safe to use.

1

A10-9 Ring Canopy - Olympic/F.I.G. Approved

Lightweight 65mm square tube sections slide together without any bolts required. Made in seven sections for easy storage, handling and transport. Individual cables can be adjusted to level rings. Galvanised steel cables 5mm D with pulleys, 12mm turnbuckles and chains have additional heavy webbing slides for tensioning. Rings A10-36 or A10-1 and floor plates must be ordered separately. F.I.G. hanging height: 5750mm from floor. Height adjustment: 5500 - 5950mm from floor. Floor plate spacing: 5500 x 4000mm

2

A10-36 Rings, Cables and Swivels - Olympic/F.I.G. Approved

Superwood rings A10-7 are sewn into heavy webbing straps with a triangle link at top. Galvanised cables 5mm D. attach rings to swivels X4-93 to allow rotation during use. Order fixing brackets separately. Strap length: 700mm. Overall length: 3000mm.

2a

A10-7 Ring Timber - Olympic/F.I.G. Approved - Replacement

Size: 180mm I.D. x 28mm D cross section.

A10-1 Rings - Fixed Straps, Cables and Swivels

Similar to A10-36 but supplied with swivel safety hooks A10-14. For hanging heights other than 5750mm please advise ACROMAT so that cable length may be adjusted. Order fixing brackets separately.

3

A10-2 Rings - Adjustable Straps, Cables and Swivels

Useful as a teaching aid. Rings, cables and swivels same as A10-1. Order fixing brackets separately. Adjustment: 500mm

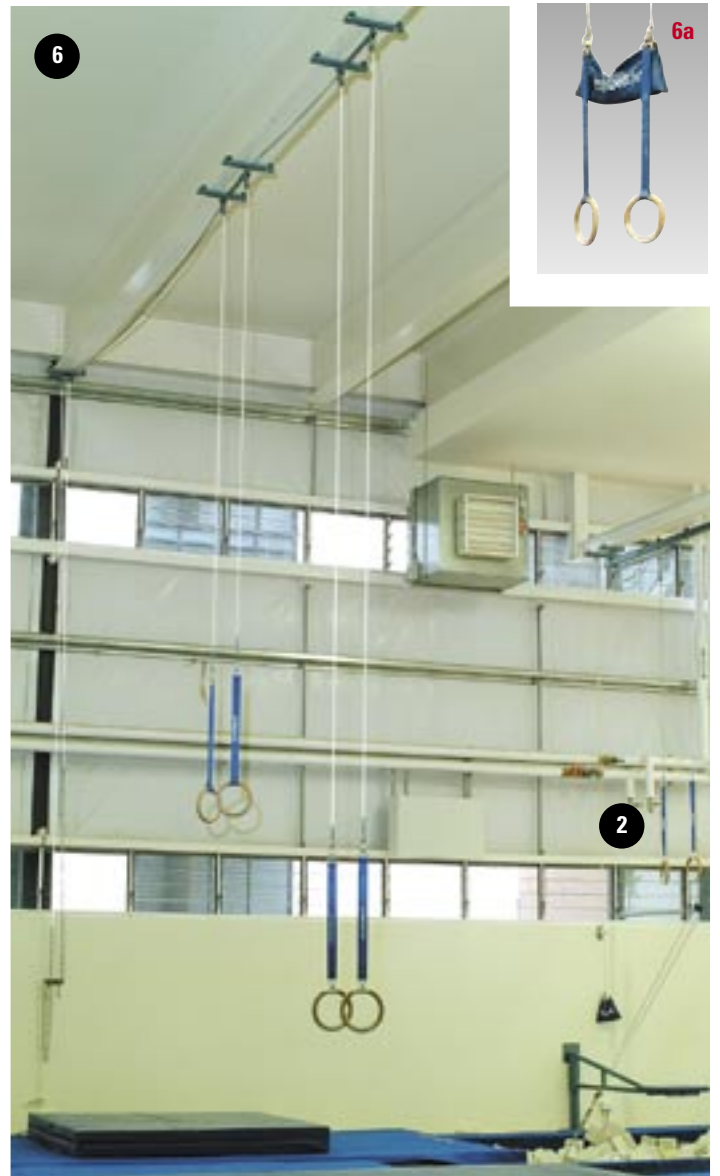
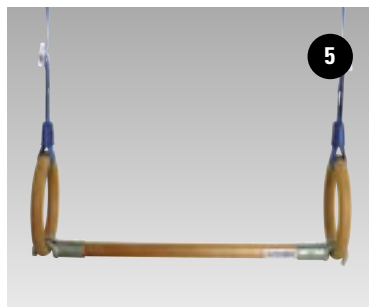
4

A10-48 Trapeze Bar - Adjustable Straps

Fabricated steel end fittings riveted to timber bar. Webbing straps are sewn to fittings and terminate in triangle link. Order cables and hooks separately. Size: 610mm long x 35mm D. Adjustment: 500mm.

A10-10 Trapeze Bar - Fixed Straps

Similar to A10-48 but fixed straps.



5

A10-13 **Trapeze Bar - for Rings**
Bar with plastic coated hooks for attaching to rings.
Size: 610mm long x 35mm D.

6

A10-5 **Rings - Hoistaway, Double Set**
Rings A10-7 sewn to webbing straps with swivel link, are connected to 5mm D cables. The cables pass over nylon pulleys fixed to structure of the building and down the side wall to wall fixing plate. Rings with a sandbag counterweight are hoisted to ceiling when not in use.
Height adjustment: 1100 - 2900mm above floor.

A10-4 **Rings - Hoistaway, Single Set**
Same system as A10-5 but only one set.

6a
A10-29 **Counterweight for Rings - Hoistaway - Replacement**

Attaches to ring cables before hoisting away. Vinyl sandbag minimising the risk of injury if rings are accidentally released.

7

A10-45 **Cross Machine**
Designed to allow progressive strength training for ring exercises.