



Flex Pole Vault Mobile Adjustable High Bar Assembly Instructions



General Warnings

- **WARNING: Assemble on a flat, stable surface.** Uneven or unstable surfaces may cause tipping or collapse during assembly or use.
 - **WARNING: Two-person assembly required.** Several steps require assistance to safely align and secure parts. Do not attempt to assemble alone.
 - **WARNING: Do not fully tighten bolts until instructed.** Tightening hardware too early may prevent proper alignment of components.
 - **WARNING: Use only the hardware provided.** Substituting hardware may result in equipment failure.
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Set Up:

Estimated Assembly Time: Approximately 45 minutes.

Tools Required for Setup:

- 0.75" Box Wrench
- 0.75" Socket Wrench
- 0.50" Box Wrench or Socket
- Adjustable Wrench
- Soft Mallet
- 5/64" Hex Key
- 3/16" Hex Key
- Step Stool

Parts list:

(See insert for parts illustration)

Item 1: Horizontal Base Runner (Qty 2)

Item 2: Cross Bar Stiffener (Qty 2)

Item 3: Vertical Support (Qty 2)

Item 4: Perforated Riser Tube (Qty 2)

Item 5: Gusset Tubes (Qty 4)

Item 6: Pull Bar (Qty 1)

Item 15: ½-13 x 3.00" Hex Bolt (Qty 8)

Item 16: 0.50" flat washer (Qty 32)

Item 17: ½-13 Lock Nut (Qty 16)

Item 18: ½-13 x 3.25" Hex Bolt (Qty 8)

Item 19: Clevis Pin and Cotter Pin Assembly (Qty 2 each)

Item 20: Lifting Bar (Qty 1)

Item 21: Lifting Bar Hook (Qty 1)

Item 22: Lifting Bar Retaining Grip (Qty 1)

Item 23: 5/16" Button Head Hex Drive Screw (Qty 2)

Item 24: 6-32 Button Head Hex Drive Screw (Qty 2)

Item 25: 5/16-18 x 1.00 Hex Bolt

Item 26: 5/16" Flat washer

Item 27: 5/16" Lock Washer

Item 28: 6" Wheels

Assembly Instructions

Step 1 – Preparation

1. Verify that all parts and hardware are present and are in good condition before beginning assembly.
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Step 2 – Base Assembly

1. Position the Horizontal Base Runners (Item 1) and attach them to the Cross Bar Stiffeners (Item 2).

- Ensure axles are facing outward.
- Assemble Cross Bar Stiffener (Item 2) and Horizontal Base Runner (Item 1) using 3.00 inch long bolts (Item 15), washers (Item 16) on both sides, and lock nuts (Item 17). Insert bolt from the outside of the unit, ensuring lock nuts are positioned inside of the unit.
- Tighten only until the lock nut engages. Do not fully tighten.



2. Install the wheels, (Item 28):

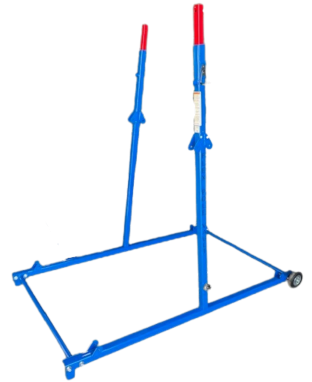
- Ensure grease ports face outward.
- Use 5/16 hex bolts, washers, and lock washers. (Items 25, 26 and 27)
 - i. Preload the hex bolt with lock washer, then flat washer. Install thru the wheel and onto the axle.
- Tighten securely with a ½ inch box wrench (not provided).



CAUTION: Wheels must be installed with grease ports facing outward. Incorrect installation may prevent future lubrication and damage the wheel assembly.

Step 3 – Vertical Support Assembly

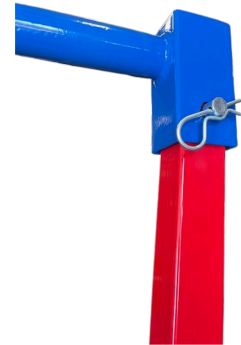
1. Verify that the Perforated Riser Tube (Item 4) is locked into the Vertical Support (Item 3) using the shot pin.
 - This sub-assembly is provided pre-installed.
2. Position the Vertical Support assembly onto the Base Runner (Item 1).
 - Ensure the shot pin faces away from the wheels, and vertical “FLEX POLE VAULT” logo sticker is facing outward.
 - Repeat on the opposite side so both Vertical Support assemblies are positioned onto the base with both shot pins facing away from the wheels.



WARNING: Assembly will stand freely with a slight lean. Do not lean or apply weight until the unit is fully assembled.

Step 4 – Pull Bar Installation

1. Pre-wrap the Pull Bar (Item 6) grip area with athletic tape.
 - Failure to wrap before assembly will cause difficulty adjusting height.
2. Using a step stool if needed, position the Pull Bar onto the Perforated Riser Tube (Item 4). Identify the nylon pads. Position pads on the “back side” of the unit, closer to the wheels.
3. Secure using the Clevis Pin and Cotter Pin Assembly (Item 19).



WARNING: Wrap the Pull Bar with athletic tape prior to assembly. Failure to wrap will result in unsafe slippage and difficulty adjusting bar height.

CAUTION: Use a step stool or ladder safely. Maintain three points of contact when installing the Pull Bar above shoulder height.

Step 5 – Gusset Tube Installation

1. Locate Stickers A, B, C, and D on the Vertical Support yoke points.
2. Match these stickers to the corresponding Gusset Tubes (Item 5). Your unit has been preassembled in this configuration and this must be followed to ensure proper fit and function.
3. Fit the Gusset Tubes into place:
 - Position the bottom ends so they are barely captured in the yoke points.
 - Lower the top ends into the Vertical Support yoke points.
 - Tap lightly with a soft mallet if necessary until bolt holes align.
4. Install hardware:
 - At the top yoke points: insert a 3.25 inch hex bolt (Item 18) with a washer (Item 16) on the bolt side, then secure with washer and lock nut (Item 17) on the opposite side. Finger tighten only. Lock nuts are to be on the inside of the assembly, hex bolt head facing the outside.
 - At the lower yoke points: insert a 3.25 inch hex bolt (Item 18) from the outside of the frame with washer (Item 16). Secure with washer and lock nut (Item 17).
5. Repeat for all Gusset Tubes. The final Gusset Tube will be the hardest to align. This may require light taps with a soft mallet or palm of your hand, and/or lifting of the Cross Bar to align the holes.
6. When all eight (8) bolts are installed, fully tighten ALL BOLTS AND NUTS from all previous steps with a socket or adjustable wrench.



WARNING: Do not use a steel hammer. Use only a soft mallet to avoid damaging tube ends or protective coating.

CAUTION: All eight (8) bolts must be fully installed before final tightening. Partial tightening may cause structural misalignment.

Step 6 – Lifting Bar Hardware Installation

1. Install the Lifting Bar Hook (Item 21) using:
 - 5/16 Button Head Hex Drive Screws (Item 23)
 - Tighten with a 3/16 hex key (not provided).
2. Install the Lifting Bar Retaining Grip (Item 22) using:
 - 6-32 Button Head Hex Drive Screws (Item 24)
 - Tighten with a 5/64 hex key (not provided).



WARNING: Tighten all screws and bolts securely. Loose fasteners may lead to instability during use.

Insert 1: Parts Illustration



Item 1: Horizontal Base Runner (Qty 2)



Item 2: Cross Bar Stiffener (Qty 2)



Item 3: Vertical Support (Qty 2)



Item 4: Perforated Riser Tube (Qty 2)



Item 5: Gusset Tube (Qty 4)



Item 6: Pull Bar (Qty 1)



Item 20: Lifting Bar (Qty 1)



Item 21: Lifting Bar Hook (Qty 1)



Item 22: Lifting Bar Retaining Grip (Qty 1)