



Flex Pole Vault Mobile Adjustable High Bar Operator's Manual

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Warnings



READ ALL WARNINGS AND RECEIVE PROPER INSTRUCTION PRIOR TO ASSEMBLY, USE, ADJUSTMENT OR STORAGE.

Health & Supervision

- **WARNING: Consult a physician before beginning any exercise program.** Obtain medical clearance prior to use.
 - **This equipment must be used only under qualified supervision.** DO NOT allow children or inexperienced users without direct supervision.
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Safe Operation

- **WARNING: Risk of injury or death.** Improper use of equipment may cause serious injury.
 - **Be aware of others training nearby.** Maintain a clear area around the equipment.
 - **Set up and operate only on a solid, level, horizontal surface.**
 - **DO NOT modify, alter, or use the equipment for unintended exercises.**
 - **Not for use by anyone under the age of 13.**
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Inspection & Maintenance

- **Inspect before each use:**
 - Confirm all pins, clevis pins, shot pins, locks, and safety devices are properly engaged.
 - Check all bolts, fasteners, and connection points for wear or damage.
 - **DO NOT use if equipment is damaged or malfunctioning.** Contact Flex Pole Vault to report issues.
 - **Lubricate, re-tape, and replace worn parts as instructed in the Maintenance section.**
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Assembly & Adjustment

- **Follow all assembly instructions completely.** Use only qualified personnel, approved methods, and the hardware provided.
- **DO NOT fully tighten bolts until instructed.** Incorrect tightening may prevent proper alignment.



- **Be aware of pinch points.** Keep hair, hands, clothing, and body away from moving parts.
 - **Two-person assembly and adjustment required.** Do not attempt to lift or adjust equipment alone.
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Use

BEFORE EACH USE – CHECKLIST

1. Inspect all pins and locks. Ensure shot pins, are fully engaged and seated in rounded cutouts.
2. Check all fasteners. Verify bolts, nuts, and washers are tight. Do not use if hardware is loose or missing.
3. Examine equipment for damage. Do not use if any part is cracked, bent, or worn.
4. Verify bar surface. Ensure athletic tape on Pull-Up Bar provides secure grip. Replace if worn or missing.
5. Clear area around equipment. Keep bystanders, children, and obstacles away.
6. Confirm stable setup. Unit must be on a solid, level surface before use.

⚠ DO NOT use equipment if any component is loose, missing, or damaged. Contact Flex Pole Vault immediately.

Adjustment

Raising the Pull-Up Bar

1. Use the supplied Riser Bar to raise and lower the Pull-Up Bar.
 - **Note:** Wrap the Pull-Up Bar with athletic tape to prevent slippage of the Riser Bar.
2. At the lowest setting, disengage the retaining pins:
 - Pull each pin outward.
 - Rotate counterclockwise $\frac{1}{4}$ turn, then release, until the pin rests on the outside of the adjustment barrel.
3. Position the Riser Bar at the center of the Pull-Up Bar.
4. Lift the Pull-Up Bar to the desired height.
 - Adjustment increments are **4 in.** from **6 ft. 6 in.** up to **11 ft. 0 in.**
5. With assistance, hold the bar in place. Rotate the shot pins clockwise until they engage in the **rounded** cutouts (do not use the square cutouts).
6. Slowly lower the Pull-Up Bar until the shot pins **fully seat** in the setting holes.
 - Pins must snap into the rounded cutouts.
 - Ensure **no visible gap** exists between the pin handle and the adjustment barrel.
 - i. **This step is critical for safe operation.**
 - Step Back and verify that the pull bar is level, if not, adjust one side or the other by retracting the shot pin and pushing that side of the pull bar.
 - Do not exceed the Max Height - indicated on the perforated riser tube when bar is extended to 11 feet.

Lowering the Pull-Up Bar

1. Position the Riser Bar at the center of the Pull-Up Bar and apply light upward pressure.
2. With assistance, pull the shot pins outward and rotate counterclockwise to disengage. Allow pins to rest on the adjustment barrel.

3. Carefully lower the Pull-Up Bar to the desired height.
 4. Rotate the shot pin handle clockwise until they snap into place and fully engage in the setting holes. Raise or lower until the shot pins are fully engaged.
 5. Store the Riser Bar on the provided hanger. Press it into the retaining clip to prevent movement during use or transport.
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Movement

1. Lower the Pull-Up Bar to its lowest setting that engages the pins.
 2. Secure the Riser Bar into the hook and retaining grip.
 3. Clear the movement area of all debris and obstructions.
 4. Lift from the cross-bar stiffener opposite the wheels.
 5. Push or pull the unit to the desired location.
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Storage

1. If necessary, disassemble the unit in reverse order of the assembly instructions.
 - Frequent disassembly may damage lock nuts. Replace as required.
 - Disassemble only when necessary for transport or storage.
 2. Store in a dry area when not in use.
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Maintenance

1. Inspect retaining pins before each use. Verify they are fully engaged and tightened by hand. If threads are visible, rotate pins until fully seated.

2. Lubricate wheels annually, or as needed, using the grease ports provided.
 3. Replace athletic tape on the Pull-Up Bar as needed. Optionally, apply grip tape or athletic tape to cross-brace stiffeners and replace tape when worn.
 4. Follow maintenance instructions included with any purchased attachments.
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Contact Information

For support or additional information, contact Flex Pole Vault customer service at flexpolevault@gmail.com or 724-316-3938.