

# GYMNOVA

## “LIVERPOOL” COMPETITION PARALLEL BARS WITH NATURAL FIBRE HAND-RAILS

Ref. 3833



**These F.I.G.-approved parallel bars will be used at the Liverpool World Championships in 2022.**

Featuring **new natural fibre hand-rails**, this model injects energy into sequences of movements and absorbs impacts in acrobatic landings. This new covering brings several advantages. As well as providing **excellent grip and immediate energy return**, it also **protects gymnasts' hands and ensures high-quality routines**. The optimised shape improves hold in hanging movements.

Tested and approved in the largest training centres, these new hand-rails also offer numerous environmental benefits, including reduced use of chalk.

[www.gymnova.com](http://www.gymnova.com)

## ADVANTAGES

### PERFORMANCE

The "Liverpool" parallel bars provide the necessary peace of mind to allow gymnasts to practise highly complex exercises. The improved dynamism allows users to derive maximum benefit from the apparatus by utilising the returned energy. The rebound provided by the natural fibre bars supports higher levels of performance.



### COMFORTABLE IN USE

Thanks to their excellent grip, these parallel bars allow users to position their hands correctly, without any risk of sliding and injury. The ovoid shape and elasticity of the hand-rails protect gymnasts' wrists by preventing strain injuries that are sometimes unavoidable in intensive training sessions. This allows gymnasts to complete more training routines without risk to their physical health.

new

## MODEL WITH NATURAL FIBRE HAND-RAIL REF. 3863

Fibreglass hand-rails covered with a natural fibre.

The texture provides excellent grip and optimised preparation time for the bar while the ovoid shape makes the bars easier to grasp. The hand-rails can be safely cleaned with water. The technology used for this hand-rail ensures a stable section even in the event of changes in humidity.

Can be fitted to all GYMNOVA parallel bars.



### ENVIRONMENT

In line with an environmental approach, an eco-responsible material has been selected for the natural fibre hand-rails. Their production has a low impact for the planet.

An environmental benefit is also apparent during use of these parallel bars. Thanks to the exceptional grip, a smaller quantity of chalk is required for the hand-rails.

### GREATER STABILITY

The "Liverpool" parallel bars feature a reinforced frame with an "X"-shaped base. This bar stabilisation system limits unwanted movements during gymnasts' routines.

The anti-slip pads also ensure excellent stability for the apparatus.

## TECHNICAL SPECIFICATIONS

- F.I.G.-approved
- Natural fibre hand-rail. L = 3.50 m
- Base with anti-slip pads;
- Metal swan necks with integrated soft PVC protective padding and graduated bushing marking
- Floor space: 3.42 x 2.55 m (L x W)
- Weight: 240 kg
- Epoxy paint (high resistance to flaking and anti-corrosion).



### EASY ADJUSTMENT AND ASSEMBLY

The "Liverpool" parallel bars can be easily assembled and adjusted thanks in particular to lock buttons, tightening levers, swan necks and measurements engraved directly on the uprights. This allows all users, from youngest to oldest, to adjust the bars independently.

Adjustments:

- Height: From 1.70 m to 2.30 m (Regulatory height: 1.95 cm)
- Spacing: From 37.5 to 65 cm

## PACK LIST

Delivered in 9 packages

**Weight:** 257.97 kg

Ref.	Quantity	Description of contents	Dimensions (L x W x H)	Weight (kg)
380/18	1	Pair of spars	242 x 12 x 11 cm	34.65
390/19	1	Fixed legs for frame	202 x 15 x 12 cm	29.40
3832/35	2	Pair of uprights	154 x 23 x 18 cm	35.70
3863	1	Pair of natural fibre hand-rails	360 x 20 x 13 cm	13.50
3832/72	1	Pair of lower flanges with reinforced fixings	178 x 24 x 26 cm	15.00
3832/70	1	Pair of upper flanges with reinforced fixings	80 x 24 x 27 cm	20.37
3832/00	2	Pair of weighted extensions	104 x 20 x 14 cm	37.80

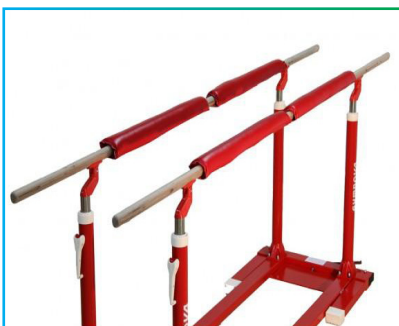
## ADDITIONAL ACCESSORIES

### PROTECTIVE PADDING FOR UPRIGHTS - Ref. 2955

High-density foam protective padding to cover the bar uprights for a safe working area. Set of 4.



### PROTECTIVE SLEEVES - Ref. 2930



Protective sleeves made from a special highly shock-absorbent foam.

*Length:* 1 m. Set of 4.

### FLIGHT PROTECTION - Ref. 2911

Special padding for protection when performing acrobatic movements over parallel bars. This U-shaped mat fits over the bars and moves into position during flights and dismounts. It supports landings on the stomach, back or upright. A leather reinforcement improves resistance to friction on the hand-rails.

*Dimensions:* 150 x 90 cm (L x W)



## **SPOTTING PLATFORM - Ref. 3980**

This foldable and easily transportable platform enables the coach to spot the gymnast and also allows easier access to apparatus. It can be adapted very easily to all GYMNOVA parallel bars. The height is adjusted using a ratchet system.

Adjustment range: 300 mm

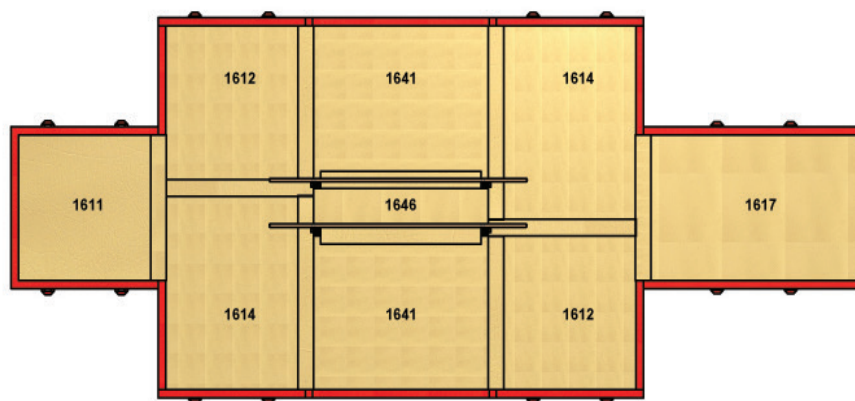


## **TRANSPORT TROLLEYS- Ref. 3850**

Transport trolley with omnidirectional wheels which are attached to the apparatus during assembly. Stowable and suitable for freestanding parallel bars.

Pair.

## F.I.G.-APPROVED LANDING MATS



REF. 1765

### F.I.G.-APPROVED LANDING MAT SET - Ref. 1765



Complete set of special mats for competition parallel bars.

Mats made of multi-layer double-density foam with a phthalate-free 1000-denier PVC cover with class M2 fire rating.

**Total surface area:** 41 m<sup>2</sup>

**Floor space:** 1160 x 460 cm

**DOWNLOAD THE ASSEMBLY INSTRUCTIONS**

