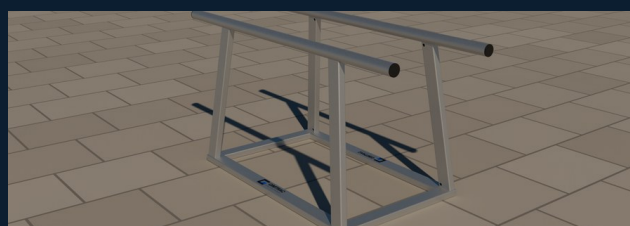
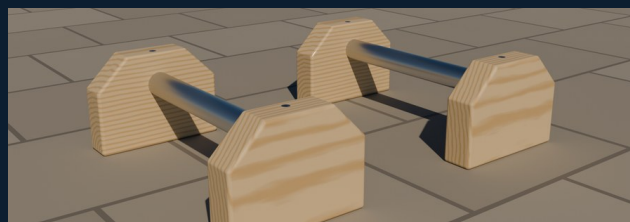
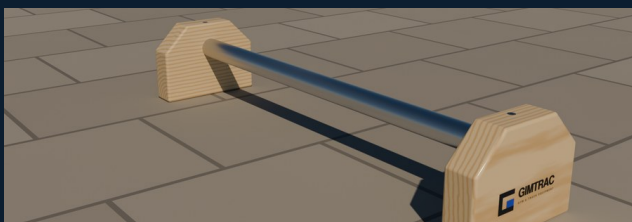


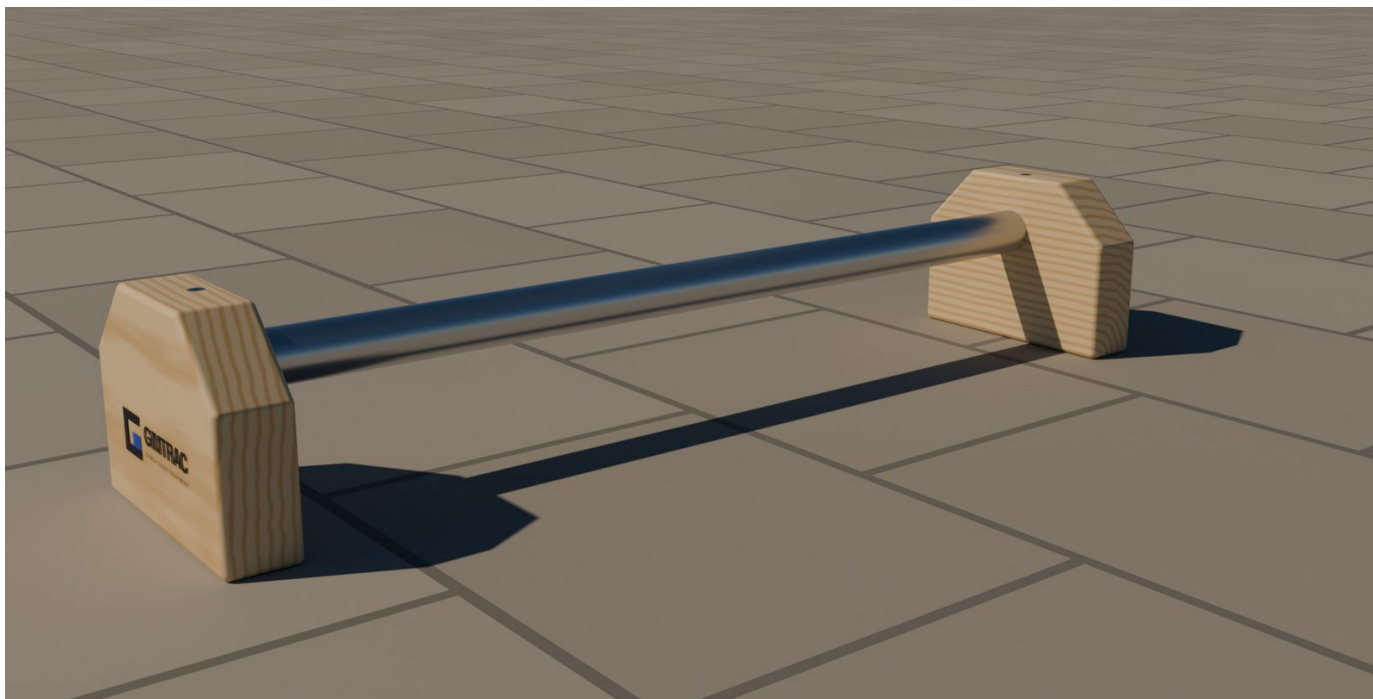
Gymnastics training equipment

floor bar · paralettes · handstand trainer · mini parallel bars



In this brochure

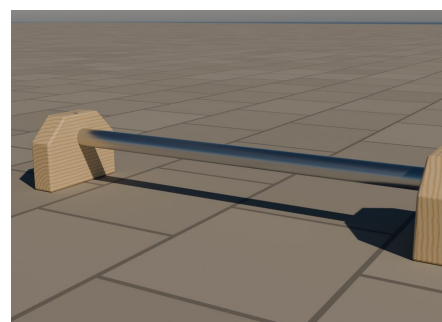
Floor bar	80 cm low bar for floor work, pine blocks, aluminium rail	page 2
Mini paralettes	a pair of short bars, pine blocks, aluminium rails	page 3
Handstand trainer	two pine hand blocks on a steel H-frame, dark grey	page 4
Mini parallel bars, junior	rails 435 mm high, all steel, dark grey	page 5
Mini parallel bars, senior	rails 550 mm high, all steel, hot-dip galvanised	page 6



An end block: the rail screwed through from the top



From above



At floor level

Specification

Overall	830 x 200 mm, 150 mm high	Rail height	100 mm to its centre
Rail	Ø38 aluminium tube	End blocks	solid pine, 200 x 150 x 50 mm
Clear length	730 mm between the blocks	Weight	≈ 2 kg

Features

- A low single bar for floor work: handstands, L-sits, press-ups and bar drills close to the floor, safely, before moving up to the full-height apparatus
- Solid pine end blocks with the top corners cut away and every edge rounded: steady on any floor, kind to hands and feet
- The aluminium rail sits deep in each block and is screwed through from the top - nothing to loosen
- Light enough to carry under one arm and stack in a store room

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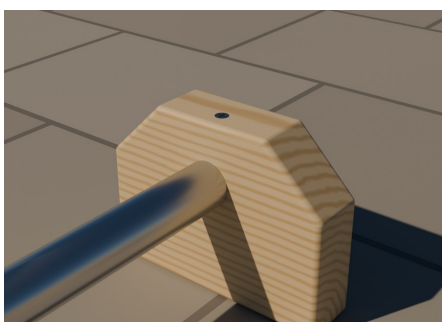
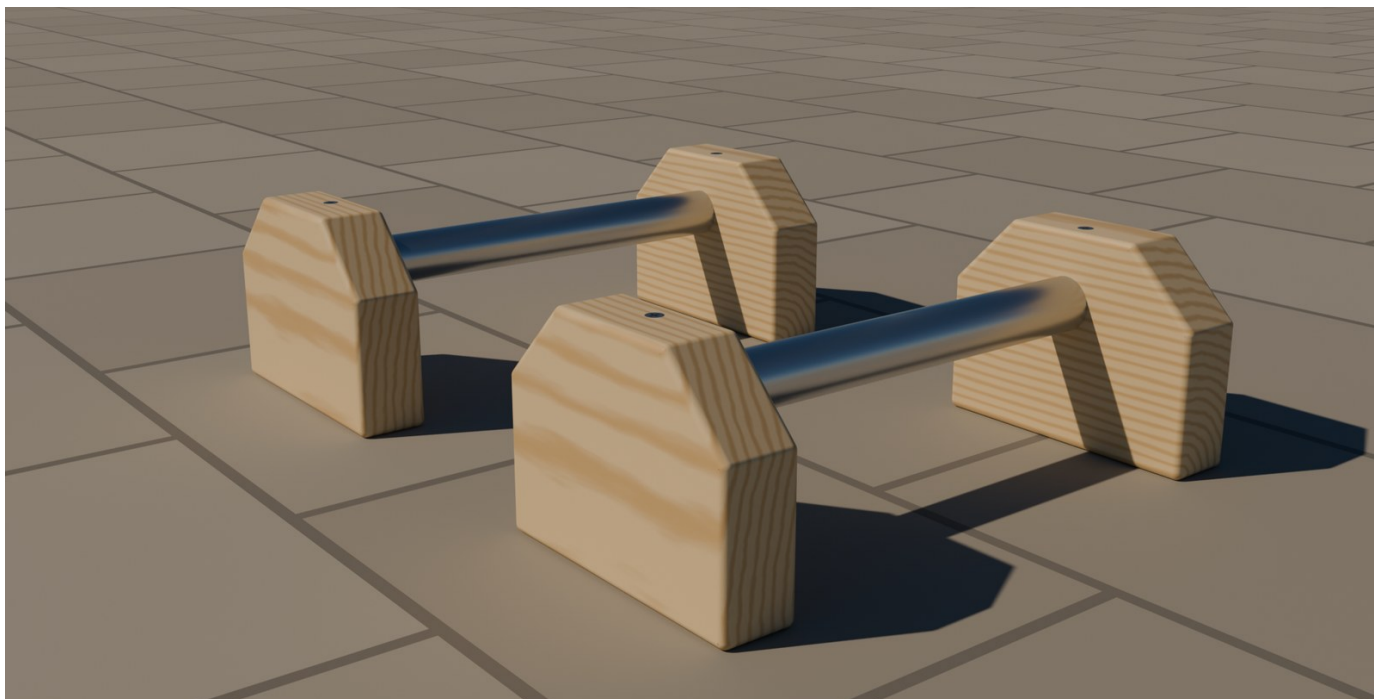


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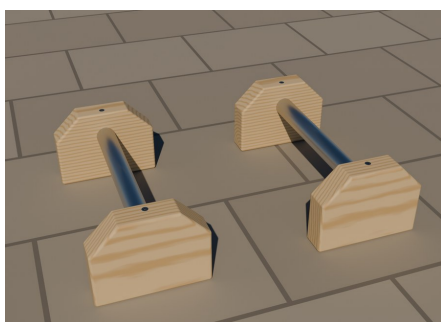


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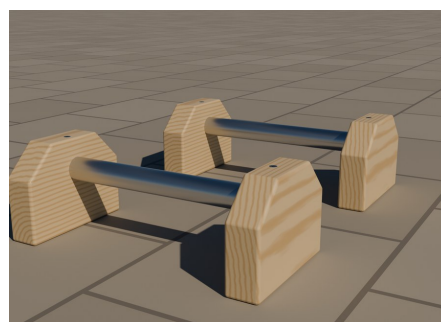
SPIETH



An end block: the rail screwed through from the top



From above



At floor level

Specification

Each	430 x 200 mm, 150 mm high
Rails	Ø38 aluminium tube
Clear length	330 mm between the blocks
Rail height	100 mm to its centre

End blocks	solid pine, 200 x 150 x 50 mm
Supplied	as a set of 2
Weight	≈ 1.7 kg each

Features

- A pair of short bars set as wide as the gymnast needs: supports, L-sits, handstands and press-up work on the floor
- The same solid pine blocks as the floor bar, top corners cut away and every edge rounded
- Aluminium rails sit deep in the blocks and are screwed through from the top
- Small and light: in the kit bag, at home or in the gym

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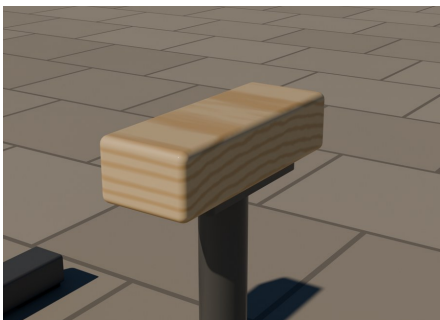
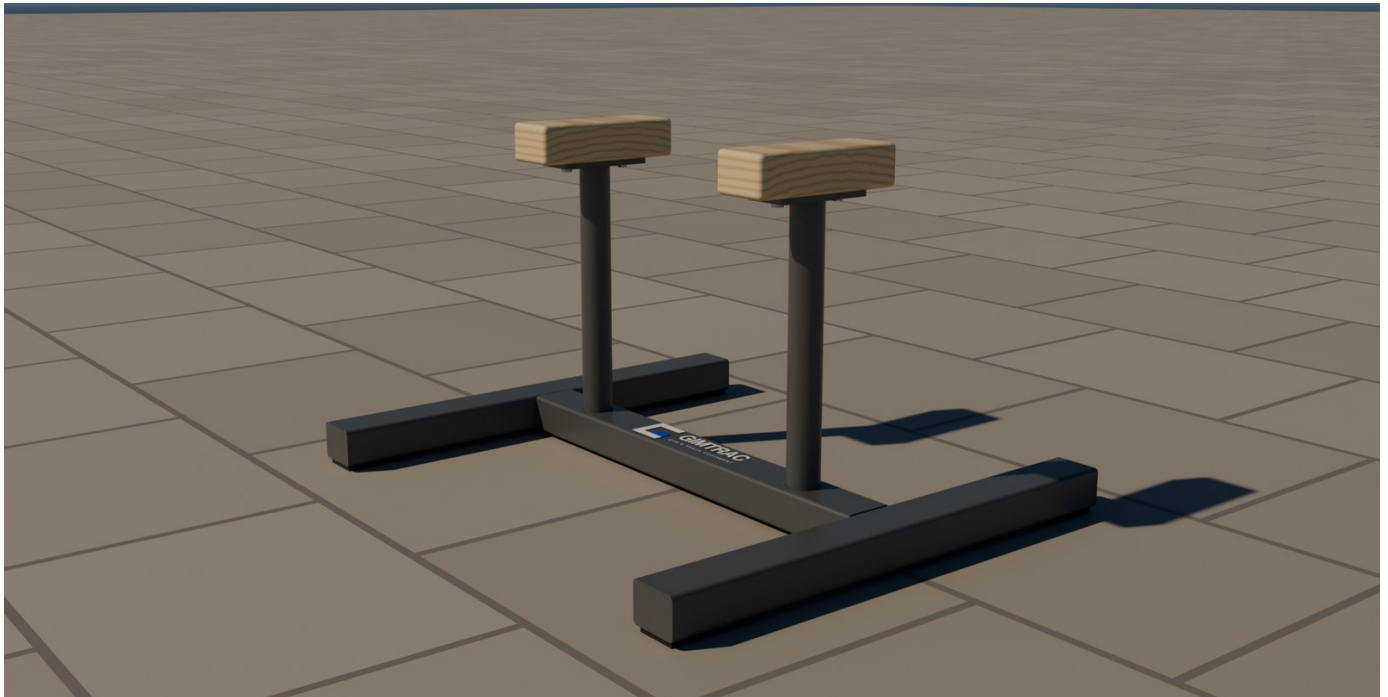


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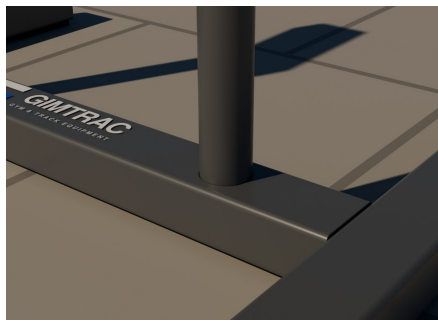


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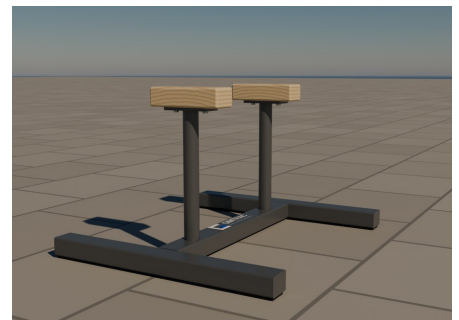




A pine hand block on its upright



An upright into the base



At floor level

Specification

Overall	600 x 506 mm	Uprights	Ø32 steel tube
Height	354 mm to the top of the hand blocks	Base	steel H-frame, 50 x 38 tube, on rubber pads
Hand blocks	2, pine, 160 x 60 mm, edges rounded	Finish	dark grey powder coat; natural pine blocks
Block spacing	330 mm centre to centre	Weight	≈ 6 kg

Features

- Two raised hand blocks for handstand practice: balance, presses, walk-overs and holds, with the wrists in a neutral grip and the hands clear of the floor
- A low, wide steel H-frame - the uprights, cross member and feet welded into one rigid piece, nothing to assemble and nothing to loosen
- Hand blocks of natural pine, every edge rounded, screwed to steel plates on the uprights
- Rubber pads under the feet keep it steady and protect the floor; the foot ends are closed
- Light enough to carry with one hand; at home, in the club or at school
- Dark grey powder coat as standard; any colour on request

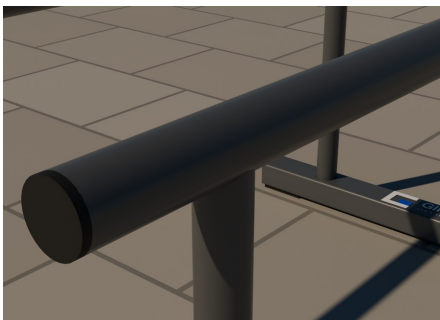
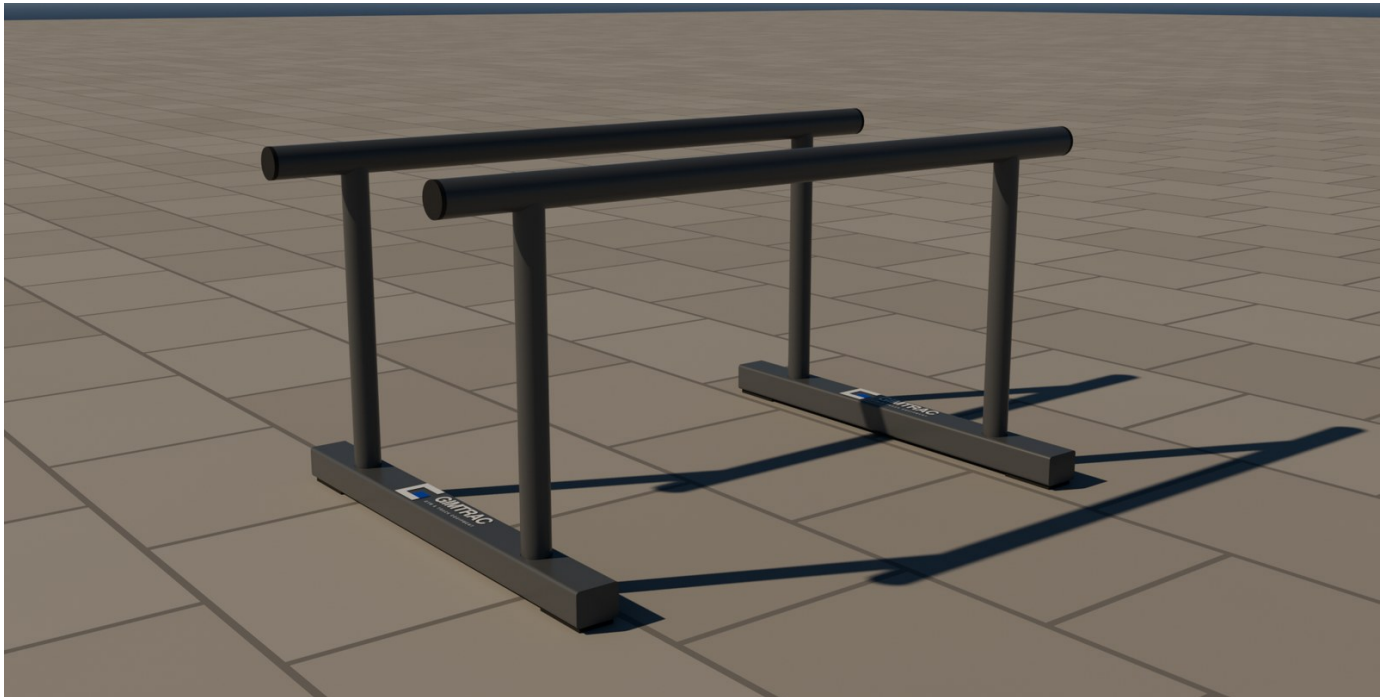
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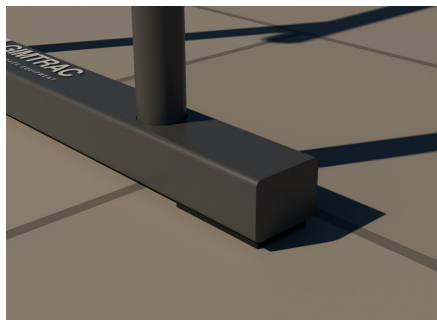
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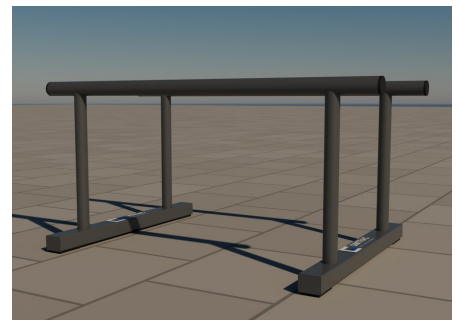




A rail on its upright, the end plugged



A foot on its rubber pads



At floor level

Specification

Overall	910 x 600 mm	Base	two steel feet on rubber pads
Height	435 mm to the top of the rails	Finish	dark grey powder coat
Rails	2, Ø38 steel tube, 900 mm long	Weight	≈ 9 kg
Rail spacing	380 mm centre to centre		

Features

- A pair of low parallel bars for junior gymnasts: supports, swings, L-sits and handstands at a height a young gymnast can reach and fall safely from
- All steel: the rails, uprights and feet welded into one rigid frame - nothing to assemble, nothing to loosen
- Rubber pads under the feet keep it steady and protect the floor; plastic plugs close the rail ends
- Light enough for one coach to carry; at home, in the club or at school
- Dark grey powder coat as standard; any colour on request

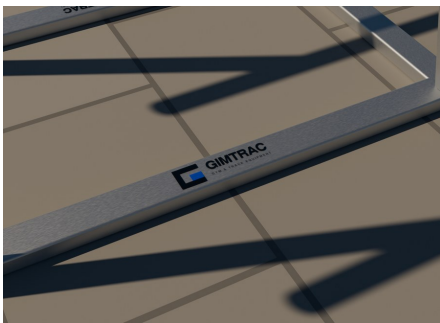
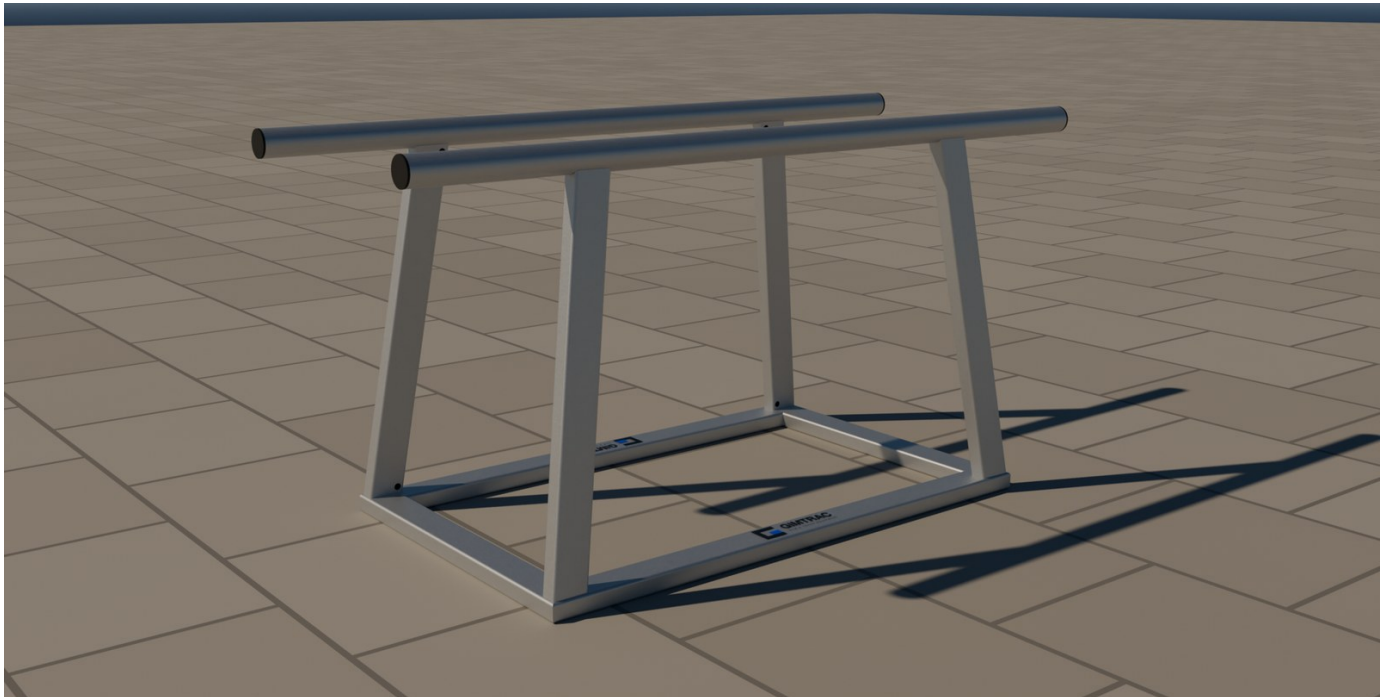
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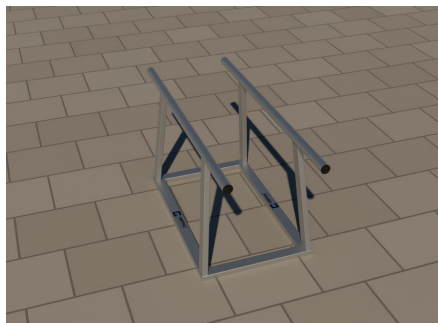
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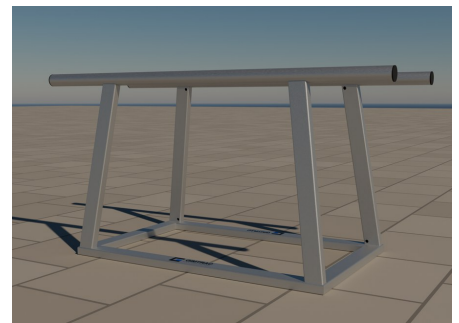




The mitred base



From above



At floor level

Specification

Overall	1086 x 500 mm	Base	800 x 500 mm, 50 x 25 rectangular tube
Height	550 mm to the top of the rails	Finish	hot-dip galvanised
Rails	2, Ø38 steel tube, 1080 mm long	Weight	≈ 14 kg
Rail spacing	380 mm centre to centre		

Features

- Low parallel bars for senior gymnasts: dips, supports, L-sits, handstands, push ups, core, arm, back and chest work, and stretching
- All steel: the rails, the canted uprights and the mitred base welded into one rigid frame - nothing to assemble, nothing to loosen
- The uprights lean in from a wide 800 x 500 mm base, so the bars stand firm under a full-grown gymnast
- Hot-dip galvanised after welding, inside and out, for indoor and outdoor use; plastic plugs close the rail ends
- Light enough for one coach to carry; in the gym, the club or the school hall

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Nelco
 Do....Dare....Win !!

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Made in-house

Every Gimtrac piece of training equipment is manufactured in-house, using the latest techniques and automated equipment. The CAD model drives the cutting lists and the laser programs; our 6 kW DXTECH tube laser cuts, bevels and drills each tube in one set-up, accurate to a fraction of a millimetre, and our 3 kW DXTECH laser welder makes strong, clean welds with little heat and distortion.

Made to order

Every product in this brochure is drawn in CAD with its sizes as parameters, so a different height, length or spacing, another colour of powder coat, or a galvanised finish for outdoor use is a quick change rather than a new design. From concept to finished equipment, we turn your ideas into technical drawings, and our drawings into manufactured reality.



DXTECH TKP6240 bevel tube laser

6 kW, two chucks, round and square tube to 240 mm and 6 m long, a $\pm 45^\circ$ bevel head



DXTECH 3 kW laser welder

Fibre laser welding: faster than TIG or MIG, with neat welds that need no grinding

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Gymnastics bars and frames



GimJumpy kids' parallel bar



Wall-mounted pull-up bar



Wall bars



A-frame rings

Beams, vault and mats



Practice beams



Vaulting boxes



Flic-flac rolls



Landing mats

See the full range of goals, nets, posts, shelters, Rhino Rugby and more at www.gimtrac.co.za, or call us for a quote.

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