



Store these instructions in a safe place or with the enclosed maintenance checklist

## Instruction Sheet C-STAND 7100



Take time to familiarize yourself with the use and maintenance of this equipment before using. Please file this Instruction Sheet in an accessible location. The Instruction Sheet must be read and familiar to anyone who is using Southpaw Enterprises Equipment.

**IMPORTANT: Please check equipment immediately for any damage that may have resulted during shipping. If any damage has occurred, please contact Southpaw Enterprises, Inc. immediately.**

Warning: Failure to properly install a forged steel eyebolt (1/2" or 5/8") may result in serious injury or death. If you have any questions about the installation of the forged steel eyebolt, please contact Southpaw Enterprises

### TOOLS NEEDED FOR ASSEMBLY:

(TWO) 3/4" COMBINATION OR BOX END WRENCHS      1/2" WRENCH  
1/2" DEEP WELL SOCKET W/ RATCHET AND EXTENSION      3/8" WRENCH

### WORKING LOAD:

300 lbs. active activities  
500 lbs. passive activities

### MATERIALS LIST:

10 - Leveling Feet	1 - 6" piece clear vinyl tube
28 - 5/16" Flat Washers	1 - 3/16" Hex Allen Wrench
20 - 5/16" Hex Nuts	4 - Pieces Large White Foam (base padding)
8 - 5/16 Hex Nuts with nyloc insert	1 - Base Cover (blue vinyl)
8 - 5/16" x 1-1/2" Flat Head Screws	1 - 3" Square End Cap
14 - 1/2" Flat Washers	1 - Safety Snap
7 - 1/2" Hex Nuts	1 - Safety Snap Instruction Sheet
3 - 1/2" x 10" Hex Head Bolts	1 - C-Stand Instruction Sheet
4 - 1/2" x 4-1/2" Hex Head Bolts	1 - Maintenance Checklist

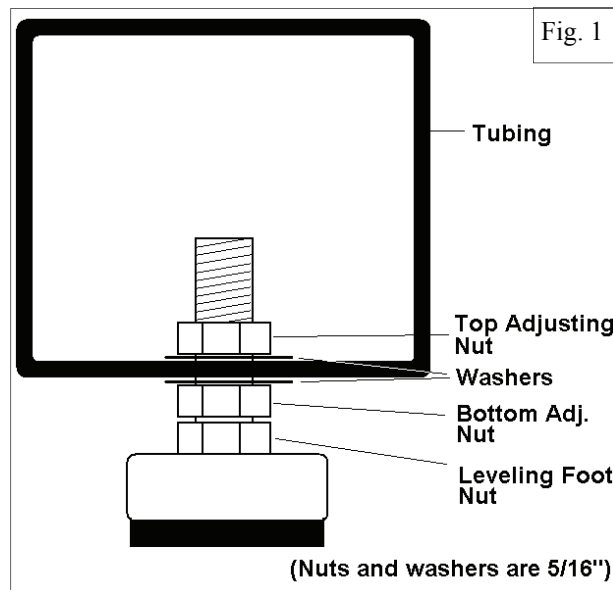
### MINIMUM HEIGHT REQUIREMENT AND SPACE NEEDED: 8 feet

- The C-Stand requires a clearance of one foot to the rear of the structure, and three feet of clearance on the sides and to the front.

**IMPORTANT: KEEP ALL PARTS TOGETHER. THERE IS NO PACKING MATERIAL IN THE BOX. ALL PIECES ARE NEEDED.**

### ASSEMBLY INSTRUCTIONS:

- Assemble your C-Stand in the area where it will be used. **It is not easily moved after assembly. Two persons needed for assembly.**
- Lay the two base pieces on the floor positioned as shown in the assembly picture (page 5) taking note of the hole locations. It will help to have a short piece of 2 x 4 to place under the corner of the base while installing the leveling feet.
- (Refer to Fig. 1, right) Locate the leveling feet and screw a 5/16" non-locking hex nut onto the stem of each nut. Screw the nut all the way down to the base of the stem. Put a 5/16" flat washer onto the stem of each foot. Raise one corner of the base and support it with the 2 x 4 block. Insert the stem of the leveling foot into the hole from the bottom. Inside the square tube, place another 5/16" flat washer on the stem of the foot and screw another



nut onto the stem. Just tighten the nut slightly as you may have to loosen it to adjust the foot later. Repeat this on all four corners of both base pieces (8 leveling feet total).

4. Locate the bottom tube and lay it on its side. There are two holes in the bottom of the tube, one near the front open end and one in the rear near the first joint. These are for the two remaining leveling feet. Put a nut and washer on each foot as you did for the base. At the front insert the stem from the bottom and put a washer and nut on the stem from inside the tube. At the rear of the tube put the stem of the foot into the hole. Lay a flat washer on the end of your finger. Holding the foot from the bottom, put your finger into the 1" access hole and slide the washer onto the stem. Insert the nut into the end of the piece of vinyl tube, put the tube into the access hole and turn either the tube or the foot to start the nut onto the stem and tighten lightly. Remove the vinyl tube from the nut.
5. Position the two base halves and the bottom tube as shown in the assembly layout picture. The three holes on each base half and the bottom tube should line up. Locate the three 1/2" x 10" hex head bolts. Put a 1/2" flat washer on one of the bolts. Insert the bolt into one of the three holes in a base half, through the matching hole in the bottom tube, and through the matching hole in the other base half. Put a flat washer and a 1/2" hex nut on the end of the bolt. Repeat this for the other two sets of holes. Once all the washers and nuts are on the three long bolts, tighten securely.
6. **At this point, carefully move the C-Stand into the exact position where it will be located.** If any of the leveling feet are not in contact with the floor, you must adjust them now (refer to Fig. 1, page 1). To do this, loosen the top adjusting nut on the inside of the tubing. Hold the lower adjusting nut in place with a wrench or your finger, and screw the leveling foot down until it touches the floor. Use a wrench on the leveling foot nut to lower it tightly against the floor. Once the leveling foot is tight to the floor, run the bottom leveling nut against the tubing, then tighten the top leveling nut securely against the tubing. Repeat this with each leveling foot that is not in contact with the floor.
7. Locate the four 1/2" x 4-1/2" hex head bolts and put a 1/2" flat washer on each bolt. Place these bolts where you can reach them as you position the top half of the tube onto the bottom half. Raise the top tube and place the end with the four holes between the brackets on the top of the bottom tube. Align the holes and insert a bolt into each hole in the bracket, through the top tube and through the bracket on the other side. Put a 1/2" flat washer and a 1/2" hex nut on each bolt.
8. In order to make sure that the holes will line up and the bolts will go through them, these four holes are slightly oversized. Before tightening the four bolts place a level on top of the top tube and have one person raise the tube until level and tighten the four bolts securely.
9. Place the base cover boards on top of the base aligning the holes in the boards with the holes in the base. Put a 5/16 x 1-1/2" flathead screw through each hole and into the matching hole in the steel tubing. On the end of the screw put a 5/16" flat washer and a 5/16" nyloc nut. Using the allen wrench provided and a 1/2" wrench, tighten each nut until the flat head of the screw is flush with the base cover board (the screw head will pull into the board as you tighten the nut).
10. Place the four pieces of white foam base padding on the base arranging them to fit around the bottom tube. The two pieces that are not cut will go on the front of the base. The two pieces that are cut will go on the back of the base. The strips that are cut will curve up on top of the bottom tube. **Do not cut these strips off.**
11. Position the blue vinyl cover on the base with the cut out for the tube to the rear. Starting at one of the front corners, pull the skirt of the cover down over the foam. Repeat for the other front corner next. **The cover is cut so that the bottom of the skirt will curve under the foam to hold it in place. You may have to stretch the cover a little to get it over the corners.** Making sure that the hook and loop closure is open, pull the cover over the two corners in the rear. Wrap the cover around the bottom tube and secure the hook and loop closure.
12. Locate the foam tube with the brown vinyl cover. One end of the vinyl cover will have a drawstring. This is the top end of the cover. Slide the end without the drawstring over the end of the top tube and work it down around the tube. Tuck the vinyl inside the foam at the bottom and slide the foam tube down as far as it will go. Guide the foam strips of the base padding up inside the foam tube. Pull the drawstring snug around the metal tube at the top. Depress the button on the cord lock and slide it up to hold the drawstring in place. Tuck the end of the string inside the cover.

This completes the assembly.

## MAINTENANCE CHECKLIST:

All of the following wear points should be checked on a monthly basis and recorded on the checklist enclosed.

- Check all bolts holding the top and bottom of the tube. If found to be loose, tighten before further use. Note: with continued use the top half of the tube may become un-level. If un-level condition is found, loosen the four bolts holding top half of the tube between the brackets, level the top and tighten the bolts.
- Check the loop strap for fraying at the eye bolt contact point. If fraying is found, discontinue use and replace.
- Check attachment loops on strap for fraying. If fraying is found, discontinue use and replace.
- Check for loose or missing bar tack stitches on each loop. Discontinue use if loose or missing stitches are found.
- Check that the eye bolt turns freely without side to side movement. Check that both nuts securing the eye bolt are tight. If the nuts are loose or side to side movement is found, discontinue use immediately and contact Southpaw for instructions on adjusting the eye bolt.
- Check the vinyl covers for tears or loose stitches. If tears or loose stitches are found, discontinue use until repaired.

**MATTING PRECAUTIONS:** Always use appropriate matting.

## CLEANING INSTRUCTIONS:

- Check with your infectious disease department before using these procedures.
- Check for client allergies first.
- Clean with a damp cloth using soap and water or disinfectant.
- Dry before using.

## STORAGE PROCEDURES:

- Store out of direct sunlight.
- Store where not accessible by clients without proper supervision.

## ACCESSORIES:

The Southpaw C-Stand Linear Motion Bar # 7101 is a very useful addition to your C-Stand. With its two point suspension it allows the use of various swings to perform linear motion activities.

## REPLACEMENT LOOP STRAPS:

Replacement loop straps # 227100 are available from Southpaw. If your loop strap becomes worn or frayed they are easily replaced by following these instructions.

- Remove the old loop strap from the eye bolt.
- Hold the loop strap by the end with the single loop (all the other loops hanging down).
- Put the top loop of the strap through the eye bolt (fig. 1)
- The top loop is made with a half twist. One side of the loop will be larger than the other. Turn the loop so that the largest side of the loop is toward the back (flat side) of the strap. It will look like a funnel (fig. 2).
- Put the bottom end of the strap through the top loop from the back side (large opening of the funnel) and pull the strap tight around the eye bolt (fig. 3).
- As the strap tightens around the eye bolt, adjust the top loop so that it looks like a necktie knot (fig. 4).

Figure 1

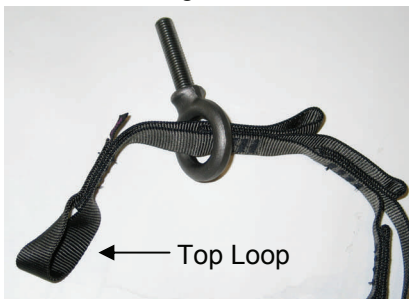


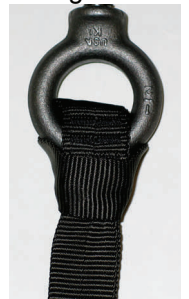
Figure 2



Figure 3



Figure 4



- ◆ **Floor mats of proper thickness should be positioned properly under and around all suspended equipment.**

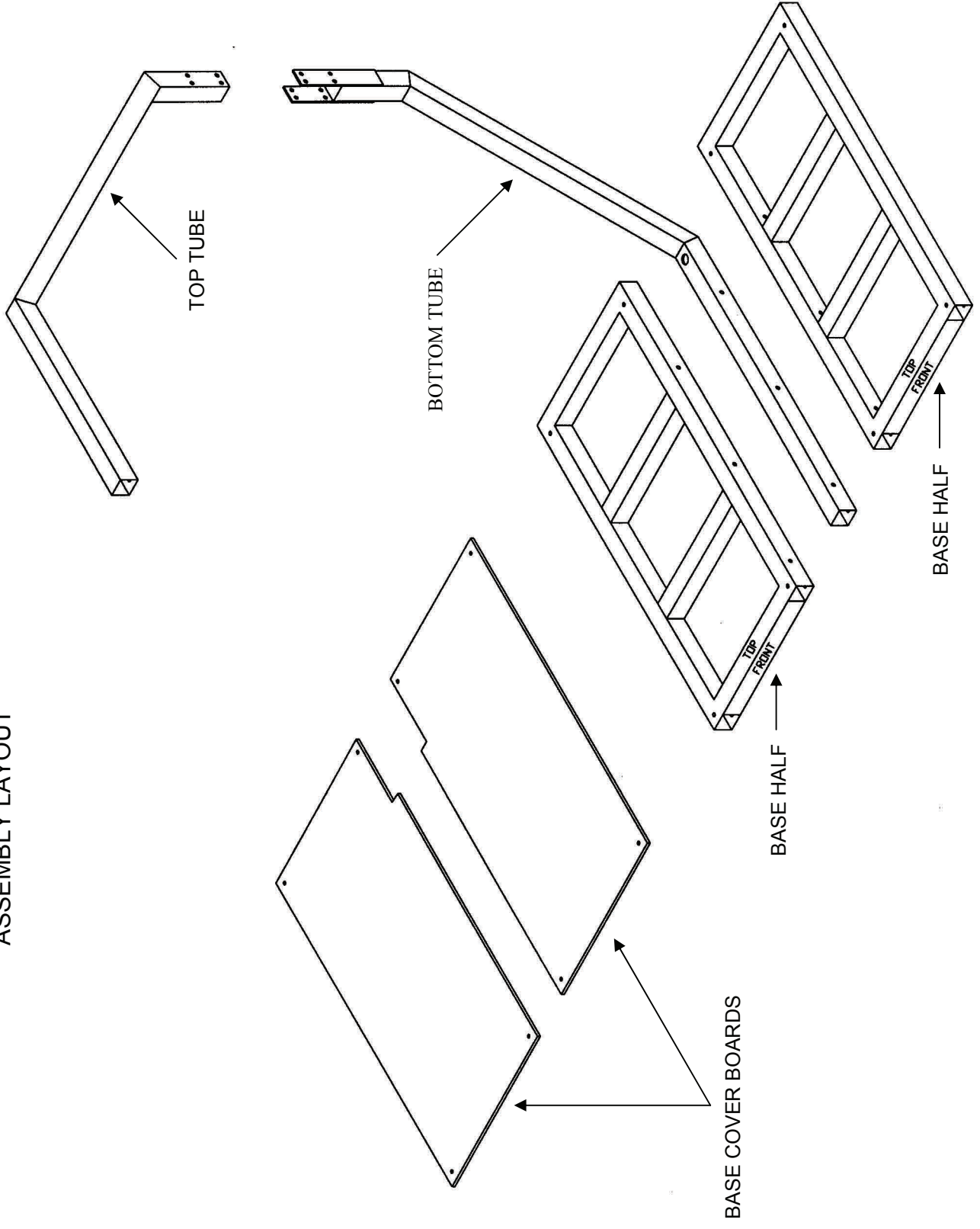
**Safety Precautions** - The safety of your clients is dependent on the appropriate choice of activity to match, yet challenge their physical abilities. Use appropriate spotting / safety techniques. In addition, the layout of your activity area, proper installation and maintenance of your equipment is critical. Southpaw equipment is not intended for recreational or outdoor use. Under no condition should this equipment be used without proper supervision.

**This sheet is for example only.** It is not meant to, in any way, replace local, county, state, or Federal standards. Be aware - it is your responsibility to find all pertinent safety information that pertains to your facility.



**Southpaw  
Enterprises Inc.®**

ASSEMBLY LAYOUT





**southpaw enterprises, inc.**<sup>®</sup>

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# Instruction Sheet

## C-Stand Linear Motion Bar 7101



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**IMPORTANT: Please check equipment immediately for any damage that may have resulted during shipping. If any damage has occurred, please contact Southpaw Enterprises, Inc. immediately.**

Warning: Failure to properly install a forged steel eyebolt (1/2" or 5/8") may result in serious injury or death. If you have any questions about the installation of the forged steel eyebolt, please contact Southpaw Enterprises

### MATERIALS LIST:

- |   |                              |
|---|------------------------------|
| 1 - Linear Motion Bar with two eyebolts | 2 - 1/2" Hex Nuts            |
| 1 - 3/4" x 2" x 4-7/8" Bracket Strap    | 2 - Height Adjustment Straps |
| 2 - 1/2" x 7" Hex Head Bolts            | 1 - Instruction Sheet        |
| 4 - 1/2" Flat Washers                   | 1 - Maintenance Checklist    |
| 2 - 1/2" Split Lock Washers             |                              |

**ASSEMBLY:** (Refer to assembly picture on reverse side).

- Position the Motion Bar centered on top of the C-Stand tube 6" from the end of the tube with the green shock pad and eye bolts facing down.
- Put a 1/2" flat washer on each of the 1/2" x 7" hex head bolts. Put one bolt through a hole in the bracket strap from the side opposite the shock pad.
- Position the bracket strap on the bottom side of the tube (with the shock pad towards the C-Stand tube) and put the bolt up through the hole in the Motion Bar. Put a flat washer, a split lock washer, and a nut on the bolt. Repeat with the bolt on the opposite side of the tube.
- Position the Motion Bar and the bracket strap at 90 degrees to the C-Stand tube and tighten the bolts evenly on both sides.

### MAINTENANCE CHECKLIST:

All of the following wear points should be checked on a monthly basis and recorded on the checklist enclosed.

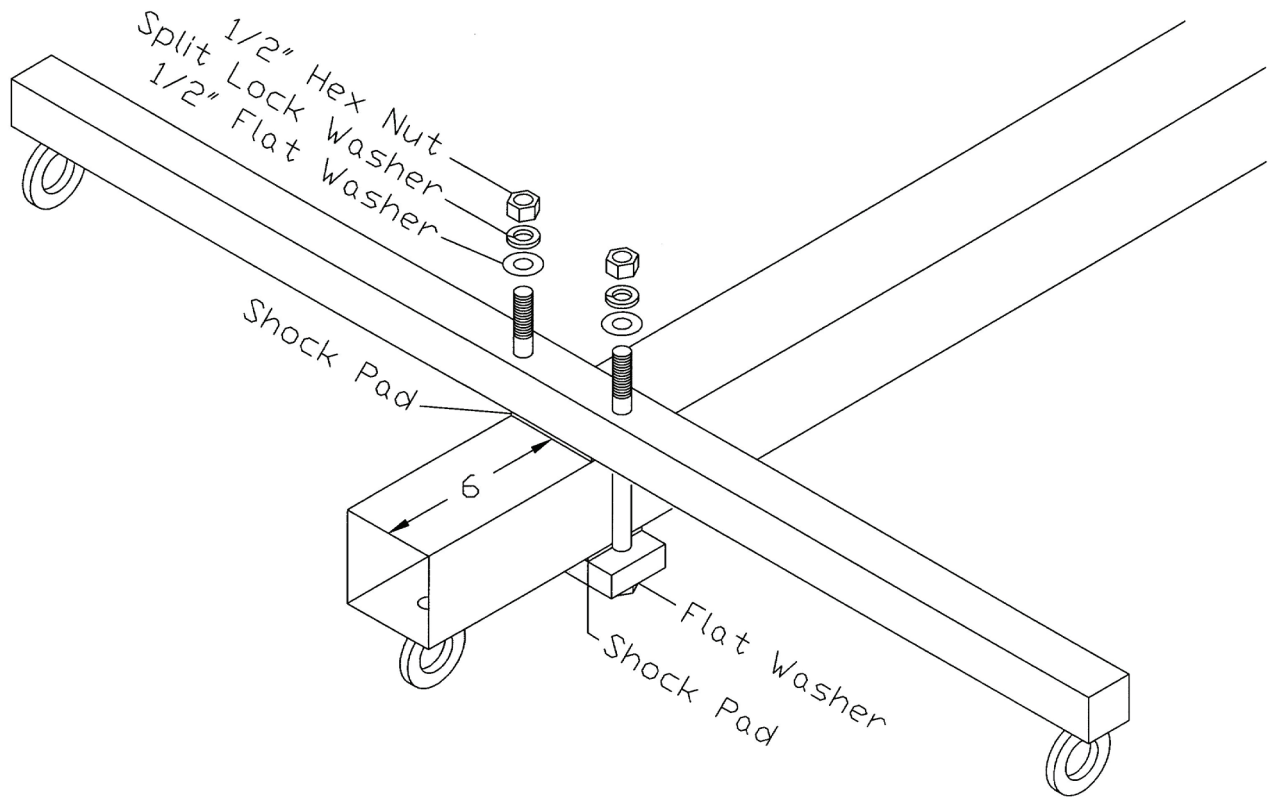
- Check that all bolts are tight. If loose bolts are found, tighten before further use.
- Check eye bolts for movement and wear. If movement is found, tighten the eyebolt. If excessive wear is found, contact Southpaw for replacement parts.

### STORAGE PROCEDURES:

- Store where not accessible by clients without proper supervision.

### CLEANING INSTRUCTIONS:

- Check with your infectious disease department before using these procedures.
- Check for client allergies first.
- Wipe with a damp cloth using soap and water or disinfectant.
- Dry before using.



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## Instruction Sheet

## Replacement C-Stand Eyebolt Kit

## 7102



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### MATERIALS LIST:

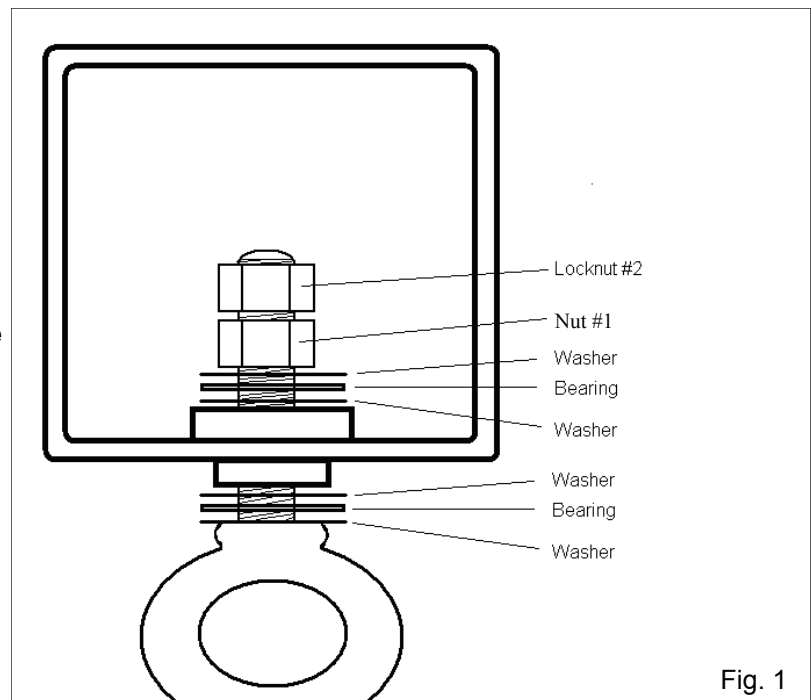
- 1 - 1/2" X 2-3/16" Forged Steel Eye Bolt
- 4 - 1/2" Bearing Races (Washers)
- 2 - 1/2" Thrust Bearings
- 1 - 1/2" Positive Lock nut
- 1 - Nut

### IMPORTANT:

**You will need two 3/4" end wrenches to complete this installation**

### INSTALLATION:

- First, Remove the vinyl cap from the end of the top of the C-Stand frame. Use your wrenches to loosen the top locknut first, followed by the bottom locknut.
- Remove the eyebolt, washers and bearings and discard. Clean the inside of the tubing thoroughly to remove any dust or debris.
- Your replacement eyebolt comes mostly pre-assembled, with the bearings and washers in the proper order, separated by a sacrificial, large diameter washer.
- Remove the nut from the shaft of the eyebolt, then remove the first washer-bearing-washer stack from on top of the large-diameter washer (keep them in order). Discard the large-diameter washer.
- Push the eye bolt in through the eyebolt hole from the bottom, then put the washer-bearing-washer stack back onto the shaft of the eyebolt on the inside of the C-Stand frame (See Fig. 1). Start the first nut onto the shaft of the eyebolt, then make sure that your bearings and washers are in the order described in the image above. Tighten the first nut all the way. Do not over tighten as this will crush the bearings. Once it is fully tightened, loosen the nut about 1/8 of a turn. At this point, make sure that the eyebolt spins freely, but that you cannot wiggle the eyebolt from side to side or front to back. Now, screw the second locknut down until it is tight against the first locknut.
- Replace the vinyl cap, re-attach the C-Stand height adjusting strap, and you are now ready to use the C-Stand.



***(In the image above, the washers, bearings, and nuts are shown with space between them for illustrative purposes. When properly installed, these components will be tight against one another.)***



## MAINTENANCE CHECKLIST:

All of the following wear points should be checked and recorded on the checklist enclosed.

### Weekly

- Check the height adjusting strap for wear. If wear is noticeable, discontinued until replaced.
- Check eye bolt for loose nuts or movement. Tighten if necessary.
- Check eye bolt for wear at the point where it rubs against the safety snap. If wear exists, it should not exceed 30% of the diameter of the eye bolt. If it does, discontinue use immediately and replace the eye bolt.

## CAUTION

- ◆ **Check ceiling eye bolt for wear and movement. Use a Southpaw Safety Rotational Device to prevent abnormal wear.**
- ◆ **Floor mats of proper thickness should be positioned properly under and around all suspended equipment.**

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