



ALEXANDER AERIAL ACROBATICS

# USER MANUAL

## SINGLE- AND DUO-TRAPEZES

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### INTRODUCTION

We are very glad you have chosen for one of our products.

**Alexander Aerial Acrobatics®** stands for quality. All products are designed to meet your requirements and are offered with a very fair price – performance ratio.

With the decision to buy an aerial device you are absolutely in vogue.

Studies in the past years have shown that (aerial) acrobatics for children, youth and adults is an excellent recreational sport and helps to develop self-confidence, coordination, strength and increases your own wellbeing. And, its great fun!

Our products design is inspired by daily training of artists and is continuously in development.

All the materials used are of high quality and ensure a long life of the device.

The breaking load of the material is tested (you can find the results in appendix A).

If you have any suggestions or critics, please do not hesitate to contact us.



## SAFETY INSTRUCTIONS

Before every use of the trapeze, all the rigging material (carabiner, sling, shackles and mount points, ropes and splices) should be checked. If it seems like the splices are looser, or the ropes are becoming less tight, all the ropes should be renewed and before reparation the trapeze should not be used.

Same goes for all the supporting material. If defects are detected, don't use the trapeze but replace all the broken parts.

Also the bar, ropes, seams and splices at the bar should be inspected for defects every half year.

Even when it's a lot of work to renew the padding, when you mistrust the material, always check it before bringing yourself in danger!

Do not use the trapezes without making sure there is a security system provided for falling (a mat, net or longe)!

When children use the trapeze, make sure they are under adult supervision at all times.

If you train alone, be sure there is someone nearby in the building, so in case of emergency help won't come too late!

For any questions, do not hesitate to email or call me, I'm happy to help.

Please renew your equipment after the specified lifetime!

## PRODUCTINFORMATIONS

### MATERIAL AND QUALITIES OF THE TRAPEZE

All the trapezes are equipped with a stainless steel bar, stainless steel drops and with equivalent strong ropes. The lower splices are padded and can be customized any possible way by request.

The bar is also, by request, taped with either black or any other colour tape. (Or no tape)

The purpose of the tape is that your hands slide away less easily and prevent you from falling down this way. With tape, however, some tricks become harder (like forward or backward rolling around the bar), because often your clothes get stuck.

This is why we recommend to wear tight fitting clothes, preferably a leotard so your skin won't get damaged and you will less likely get stuck.

**Product Lifetime:** Hemp-Rope: 3 years or 300h of usage, Cotton-Rope: 3 years or 450h of usage



## SINGLE-TRAPEZE

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The stainless steel bar (25mm diameter, 2,5mm thick) is available in the wide of (space between ropes) 50cm, 55cm, 60cm and other sizes by request.

Suitable for individual 'normal' or multiple light weighted people, as long as the maximum weight is not exceeded.

### USED TYPES OF ROPE

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1. Hemp rope, ecru, 22mm Diameter, 2400 Kg breaking load, Max. weight: 171 Kg
2. Cotton rope, ecru, 24mm Diameter, 2200 Kg breaking load, Max. weight: 157Kg
3. Cotton rope black, ecru, 24mm Diameter, 2200 Kg breaking load, Max. weight: 157Kg

## DUO-TRAPEZE

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Available in the wide of (space between ropes) 55cm, 60cm, 65cm, 70cm and other sizes by request.

At our duo trapezes the steel bar sticks out on the left and right side of the ropes for about 10 cm, to make the duo –work easier.

Suitable for multiple persons, as long as the maximum weight is not exceeded.

### USED TYPES OF ROPE

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1. Hemp rope, ecru, 22mm Diameter, 2400 Kg breaking load, Max. weight: 171 Kg
2. Cotton rope, ecru, 24mm Diameter, 2200 Kg breaking load, Max. weight: 157Kg
3. Cotton rope black, ecru, 24mm Diameter, 2200 Kg breaking load, Max. weight: 157Kg

## RIGGING OF THE TRAPEZE

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Always rig the trapeze at two points (unless of course you requested for a dance trapeze), equal spread as the width of the trapeze bar (slightly wider wouldn't be a problem, but this could make some tricks harder).

The mount points have to have at least the equal breaking load as mentioned below for the carabiner and other supportive rigging products.

Use for the rigging only carabiner and shackles with a minimum breaking load of 24KN (vertical, 2400 Kg) for single trapezes and 26KN for duo trapezes.

To extend the length of the rope or for an easy connection to bars you can use sling with a working load of 1000 Kg, what is equal to a breaking load of roundabout 5000 Kg (working load + safety factor 5).

Always hang the carabiner vertical and never horizontal (as shown in the picture below).





Pay attention that you don't extend the ropes too much, the trapezes will swing a lot more during practicing and this could have unpredictable effects.

If, after rigging, the bar is not level, you can adjust this by twisting one side of the rope over the bar. (So grab one side of the lower parts of the padding, and lift this over itself towards the inside)

This will immediately show a difference of between 3 and 5 centimetres.

When the difference is only very small, it helps to take off one drop at the top, turn this a few times and then reattach it. This makes a difference of 1 to 2 centimetres.

To check if the bar is level after making changes, hang on it so the ropes are fully extended.

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## RIGGING THE TRAPEZE WITH A SHORTENING SET

The shortening set consists of 2x 40 cm sling that both have a breaking load of 2.2 tons. Every single sling is suitable for a person(s) with a body weight of 157 Kg. The slings are attached to the ropes with a stop knot and function as attachments point.

The shortening of the ropes works like described in the following series of pictures below.

1. Set the actual length of the ropes and measure the difference, define the new wanted length and highlight this with a marker or use a piece of tape.
2. Then place the sling, like showed on the picture, left and right from the mark.
3. Sling the sewed end around the rope and through the other side of the sling. Pay attention to always sling inside and the rest of the sling stays outside.
4. When you've twisted the sling around twice, stick the long end through the shorter one, push the sling together to make it tight to the rope. Here too make sure the mark is in the middle.
5. Be aware that at the sling that's hooked in the carabiner later, the seam is at least 1cm under the upper point of the sling. When you would hook up the trapeze directly on the seam, the breaking load will decrease severely.
6. Now hang the carabiner in the slings, and hook the whole trapeze up at the desired location. Pull a bit on both sides of the trapezes, so that the slings can tighten fully. Now you can use it with your full weight.
7. The drops and the rest of the additional rope that's left hanging at the top you can now roll and nicely tighten together with a cable binder.



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## TERMS

1. Breaking load: Material is tested to see when it rips/breaks.
2. Working load: Results from the breaking load of an object divided by a corresponding Safety factor. With ropes and carabiner here the factor of 14 is assumed. this provides a sufficient safety buffer zone for people to be secured and is based on the safety regulations from the event sector.



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3. Drops: is struck from metal-made eyes at a rope. It serves to protect the ropes against wear through carabiner, shackles or other items.
4. Splice: Big bulge above and below the eye sockets. Connects 2 ropes solely by traction.

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## CONTACTS

Manufacturer and author: Alexander Hinze

Adress: Sorbenstr. 19, 12524 Berlin

Tel: 0170 733 89 85

Mail: [info@trapeze-shop.com](mailto:info@trapeze-shop.com)

Inet: [www.trapeze-shop.com](http://www.trapeze-shop.com)

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## ATTACHMENTS

1. Breaking load test – Hemp 22mm
2. Breaking load test – Cotton 24mm



## Prüfbericht

Prüfer : Beimler

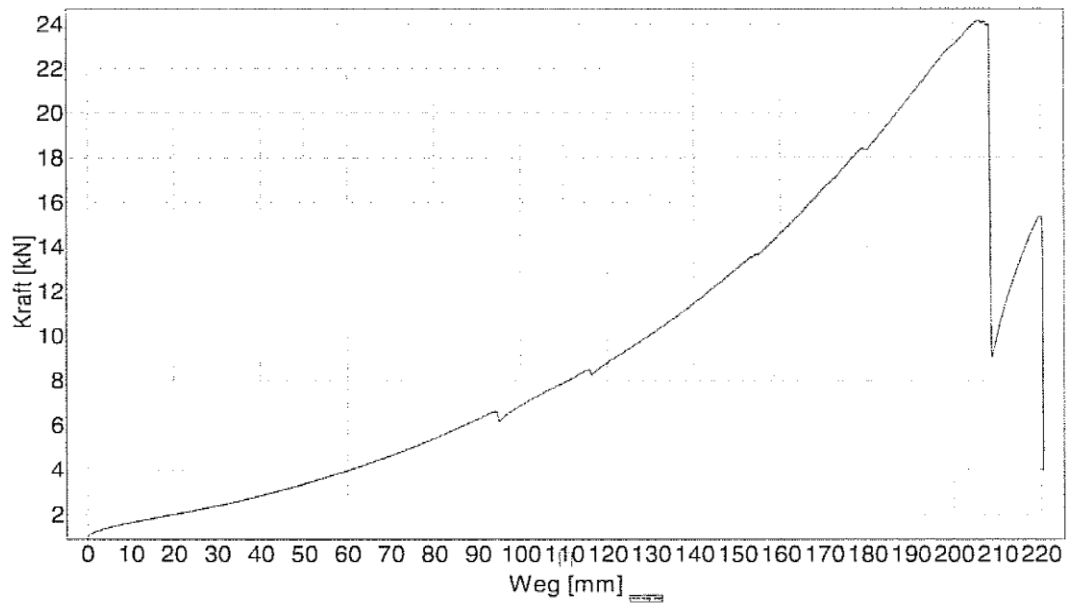
Auftragsnummer : ATRK-15002485

Fmax = Maximalkraft (global)  
sE = Weg bei Testende  
tH = Haltezeit  
Pos = Position

P Nr. = Prüfnummer  
Datum = Prüfdatum  
Bemerkung = Bemerkung

Resultate 1:

P Nr.	
Fmax [kN]	24,17
sE [mm]	220,564
tH [s]	n.a.
Datum	09.03.2015 11:18:54
Bemerkung	beigestelltes Hanfseil Ø 22 mm, mit Schlaufe und Kausche
Pos [mm]	n.a.



Das Protokoll ist auch ohne Unterschrift gültig!



Drahtseile - Tauwerk

## Prüfbericht

Prüfer : Pylaykin

Auftragsnummer : ATRK-15007215

Fmax = Maximalkraft (global)

sE = Weg bei Testende

tH = Haltezeit

Pos = Position

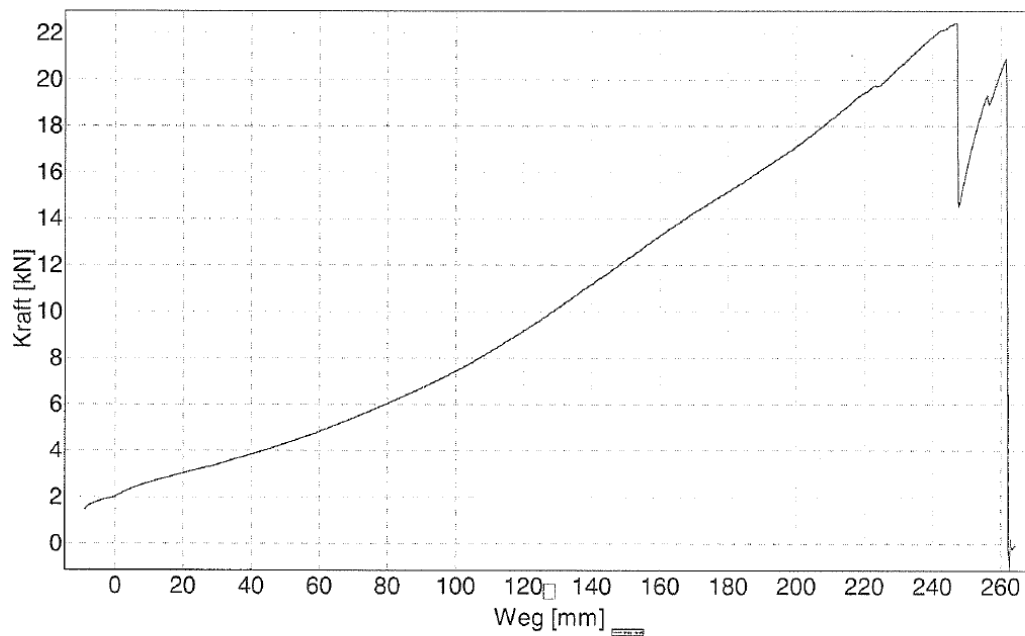
P Nr. = Prüfnummer

Datum = Prüfdatum

Bemerkung = Bemerkung

Resultate 2:

P Nr.	
Fmax [kN]	22,43
sE [mm]	264,296
tH [s]	n.a.
Datum	10.07.2015 08:12:19
Bemerkung	Tauwerk, Ø24mm, naturfarben, mit Schlaufe und Kausche.
Pos [mm]	n.a.



Das Protokoll ist auch ohne Unterschrift gültig!