

Shermworks

Swiss Bar Free-Spotter

(hereafter referred to as the SB Free-Spotter)

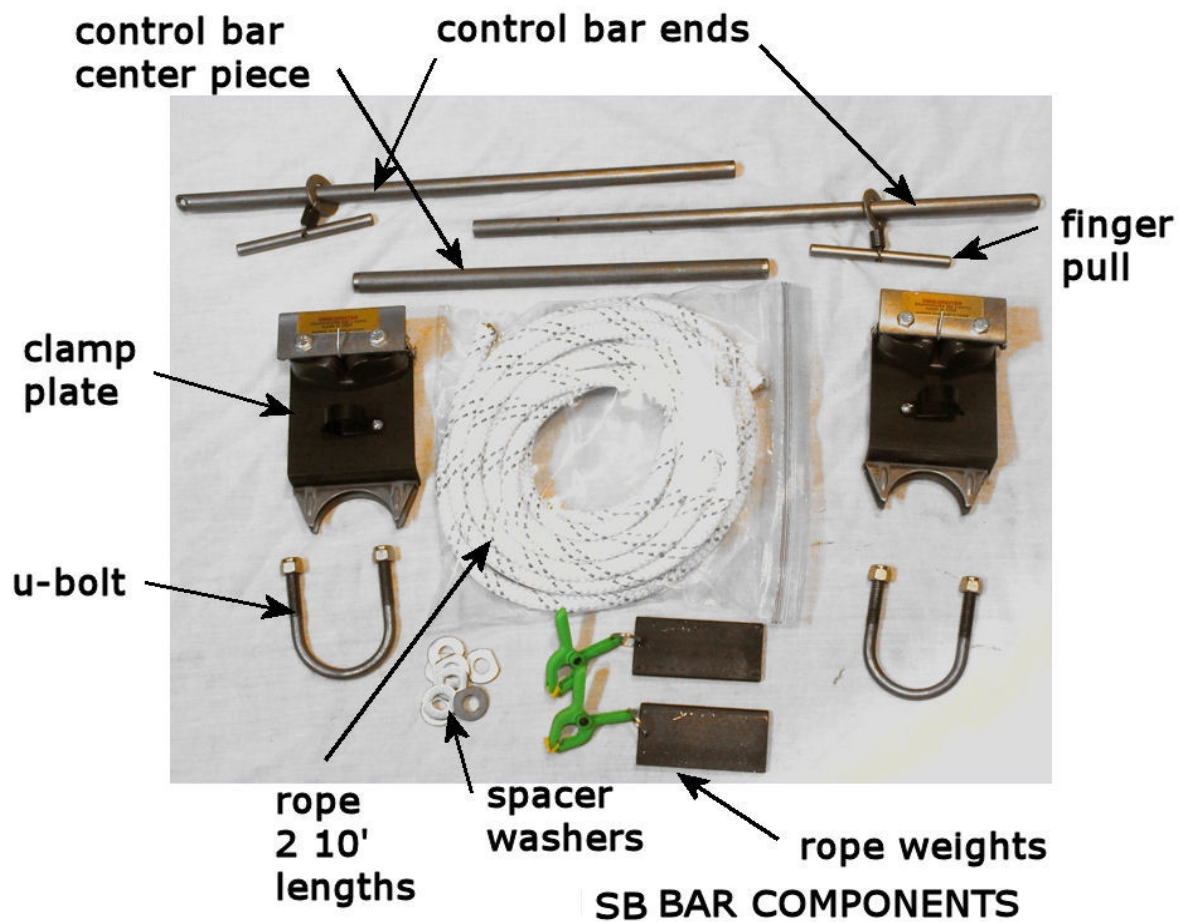
User Guide

The SB Free-Spotter is a version of Shermworks Barbell Free-Spotter designed specifically for use on swiss and football bars.

- Information on the [Barbell Free-Spotter](#) can be found on the [Home](#) page.
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- The best introduction to the [SB Free-Spotter](#) is this [video clip](#) showing it in actual use.

NOTE: The SB Free-Spotter can also be used on a regular barbell.

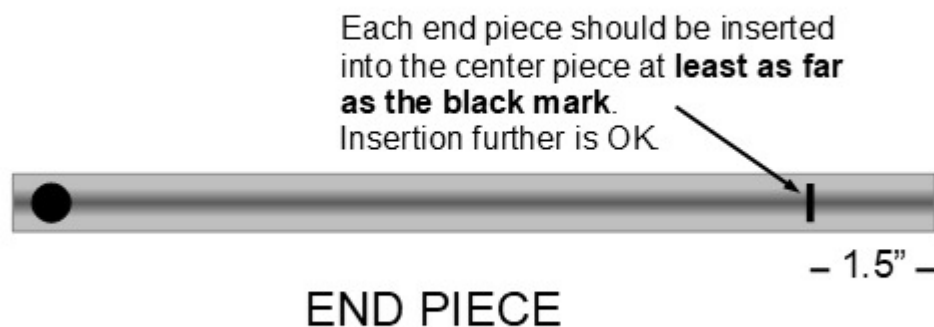
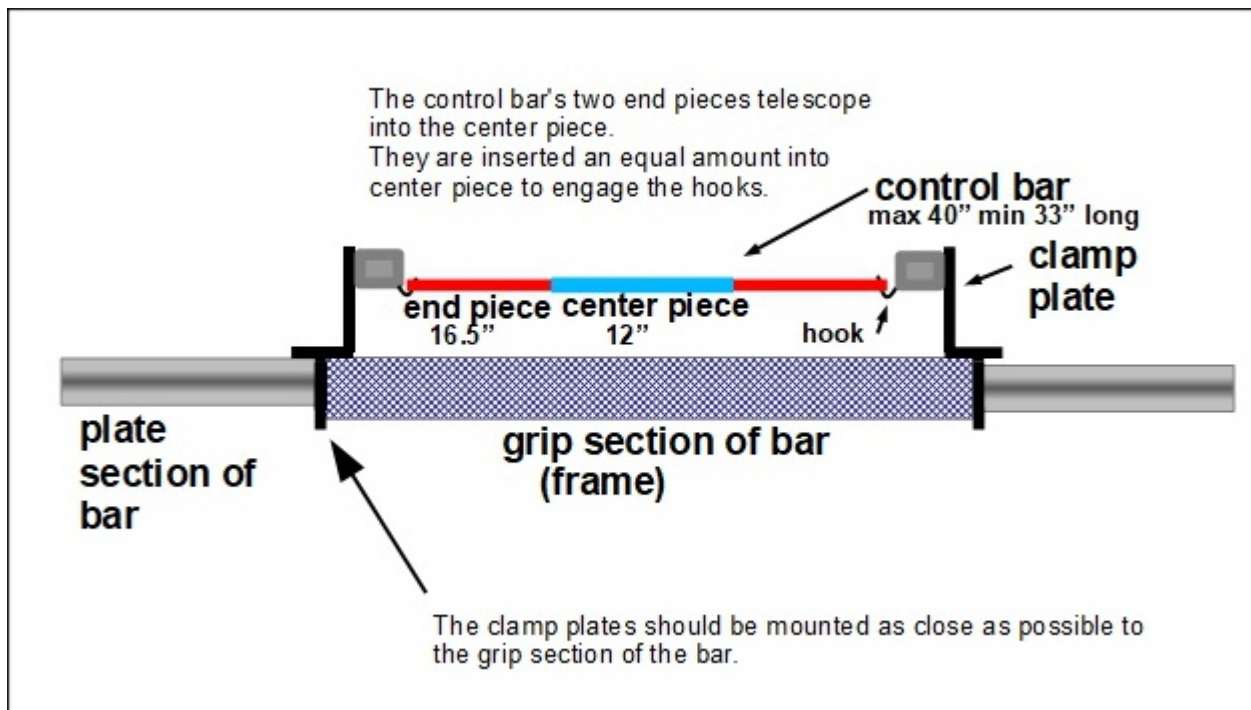
Here was what comes in the box



Included in the box is the User guide for the Barbell Free-Spotter which contains information needed to hang the ropes, and other useful information.

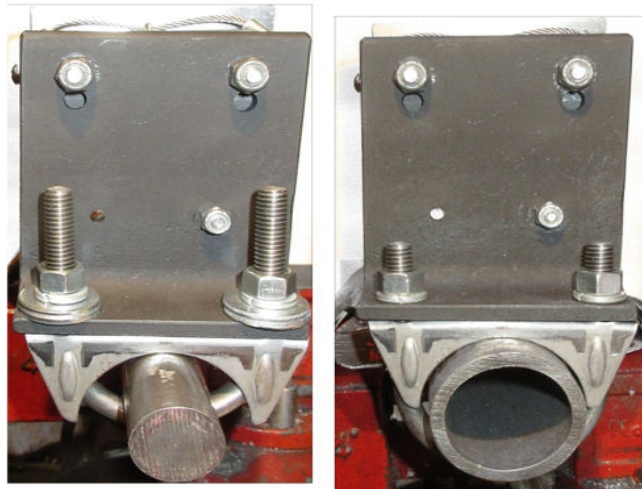
1. Layout on the bar. This diagram shows the layout of the SB Free-Spotter on the swiss bar. There are two assembly steps:

- Mounting the clamp plates on the swiss bar
- Installing the control bar



2. Mounting the clamp plates. Position the plates as close as possible to the grip section of the bar as possible.

The left picture shows mounting on a 1" diameter bar. Two flat washers, plus a lock washer, on each side of the u-bolt are used to make sure there is enough exposed thread for the nuts.

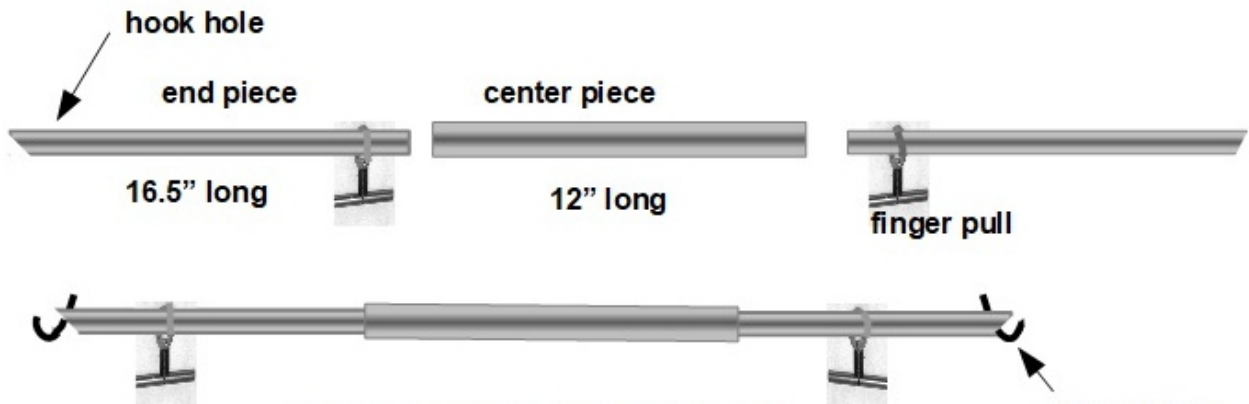


The right picture shows mounting on a 2" diameter bar. Only a lock washer is needed on each side.

The left picture shows mounting on a standard diameter bar.

NOTE: the clamp plates are shipped with the upper part of the u-bolt assembly glued to the bottom of the clamp plate. This is only done to make mounting easier, not for strength.

3. Installing the control bar.

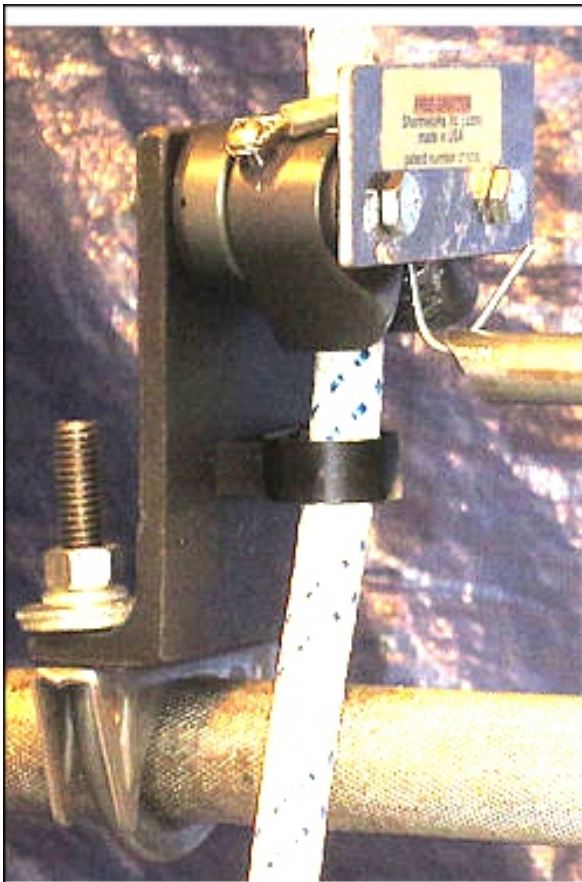


To mount the control bar, insert the end pieces into the center piece.

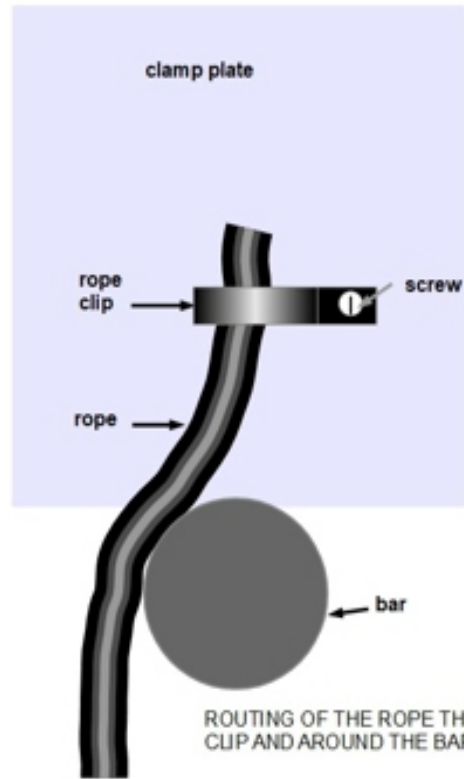
Adjust the end pieces so the holes on the end fit over the clamp plate hooks.

To even out the end pieces, slide the center piece so the its center is over the swiss bar center.

clamp plate hook



**control bar
on hook**



**routing of rope on
clamp plate**

4. Hanging the ropes. The enclosed Free-Spotter User guide provides instructions for hanging the ropes for various configurations. The guide also provides general information on Free-Spotter use.