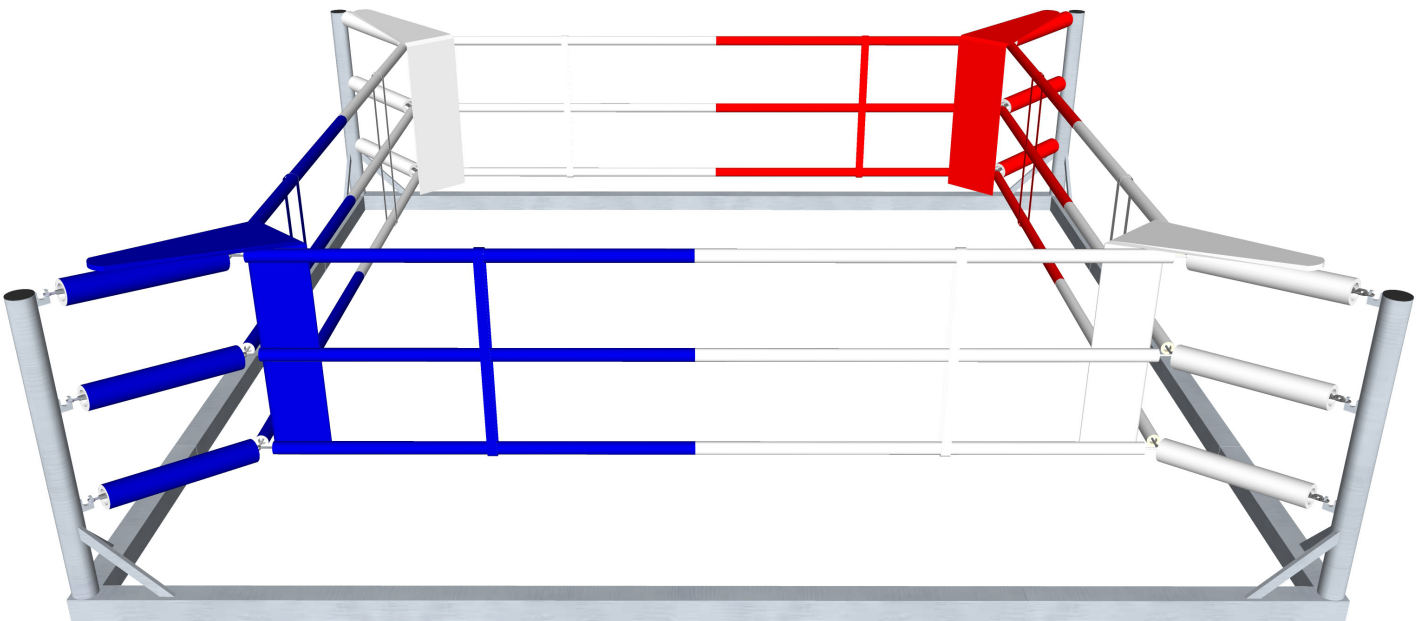


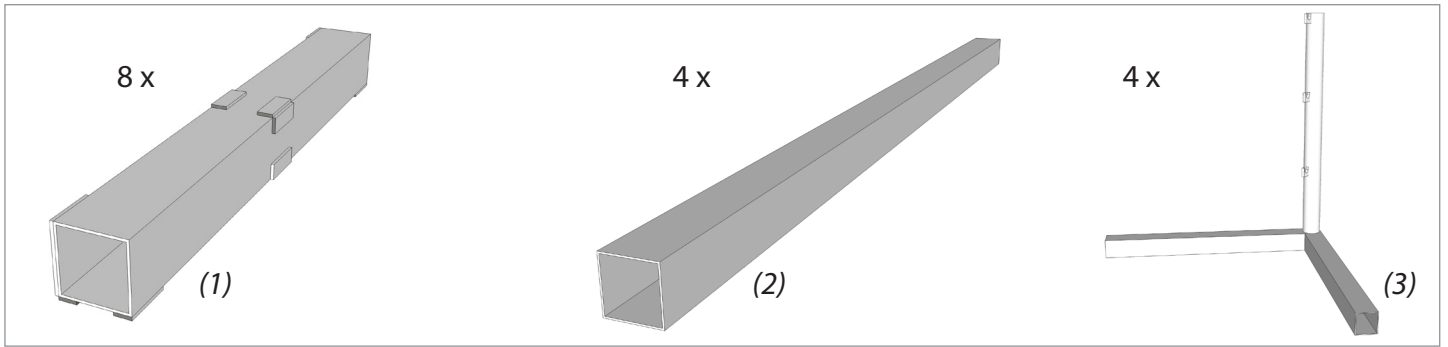


# FLOOR RING

Assembly Instructions



# 1 Steel frame



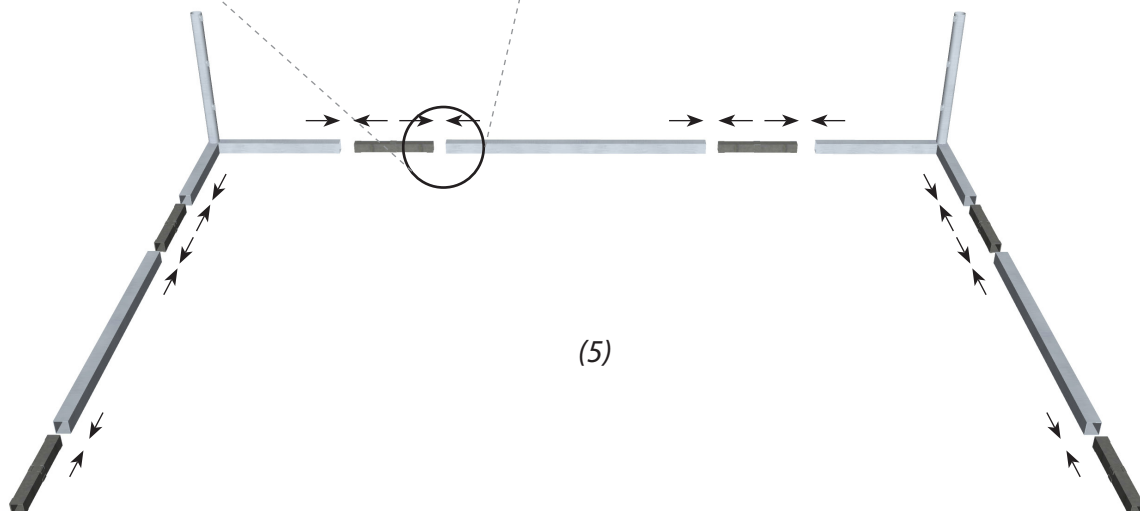
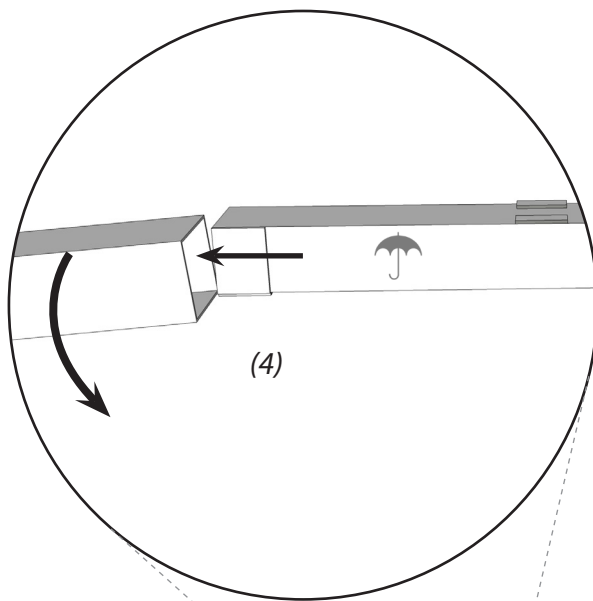
Assembly can be done by one person but two people can assemble faster. We suggest at least two assemblers. The Ring can be transported in a full size pick up truck. Assembly time 30 – 45 minutes with two people. Video in production, inquire about a copy

## Clear enough space for assembly

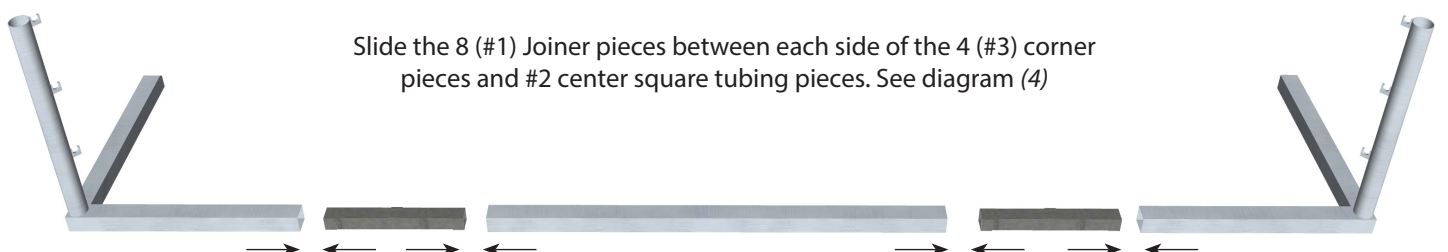
Frame has a 16ft square footprint, prepare area to begin by clearing a space of approximately 20ft square to allow extra room for assembly movement. Note that Ring will fit in approximately a 16ft square area and can be moved into a 16ft square area, after assembly.

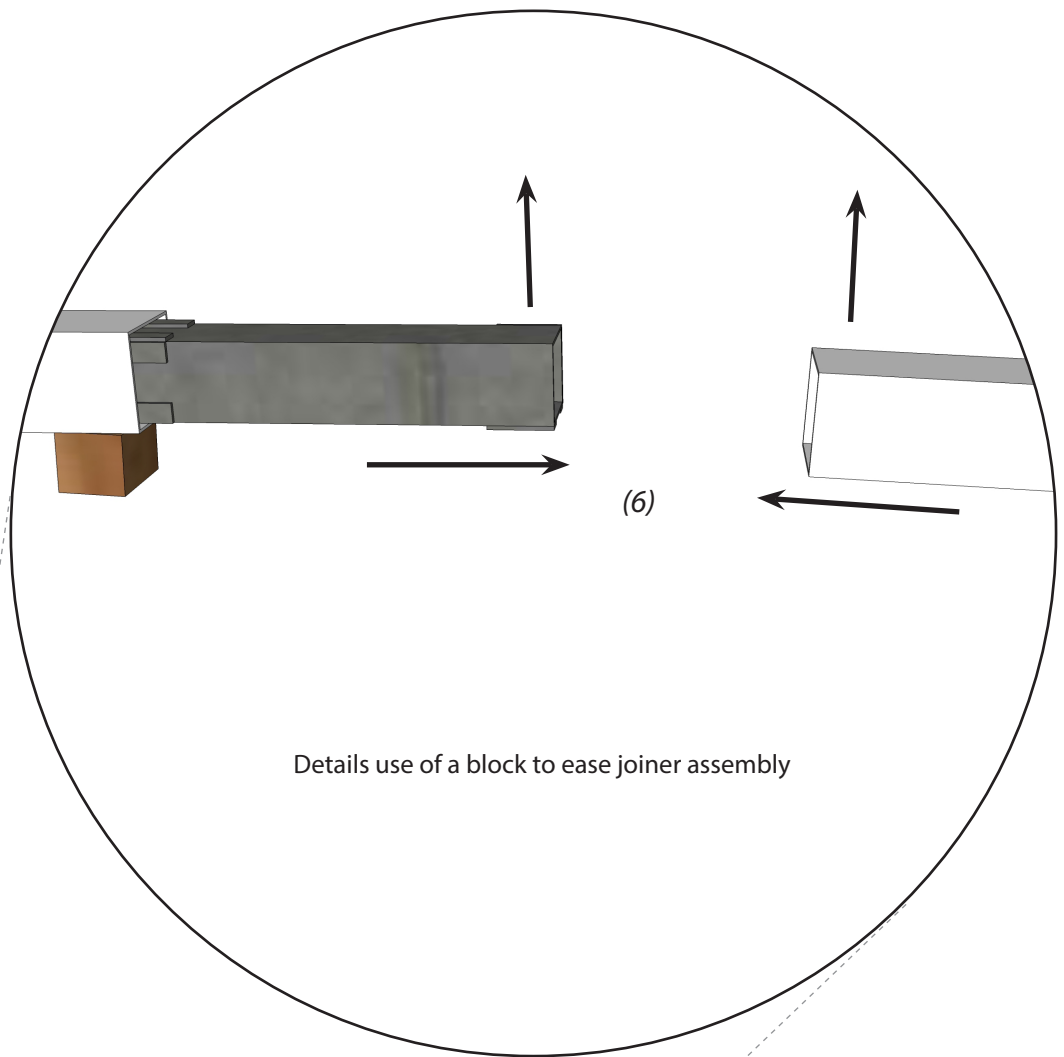
## Layout Parts needed

You will need the 8 (#1) shorter metal square joiner tubing pieces with \* umbrella mark facing up and outwards during assembly - See diagram 4, 4 (#2) metal center square tubing and 4 (#3) Corner post pieces.



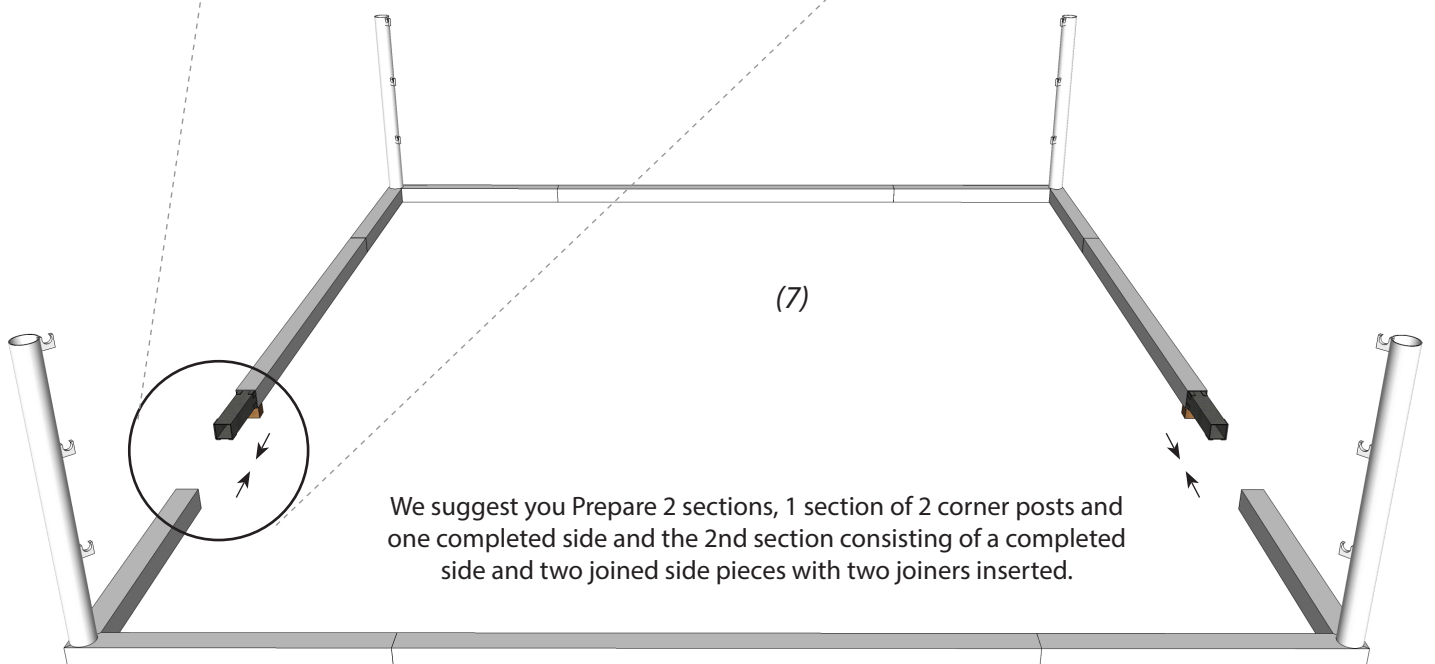
Slide the 8 (#1) Joiner pieces between each side of the 4 (#3) corner pieces and #2 center square tubing pieces. See diagram (4)





Details use of a block to ease joiner assembly

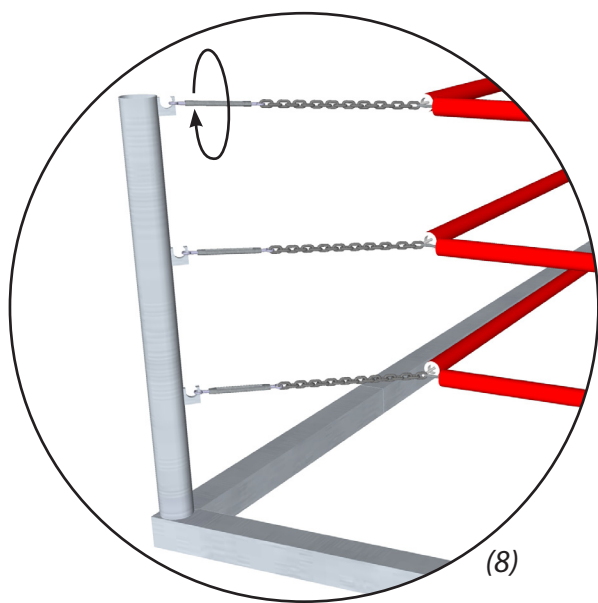
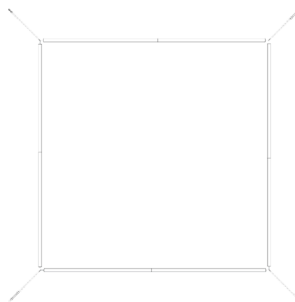
Start the building the frame in two separate parts as shown in the diagram (7). Insert both parts together. Build in two person ideally.



We suggest you Prepare 2 sections, 1 section of 2 corner posts and one completed side and the 2nd section consisting of a completed side and two joined side pieces with two joiners inserted.

## 2 Ropes

3 x



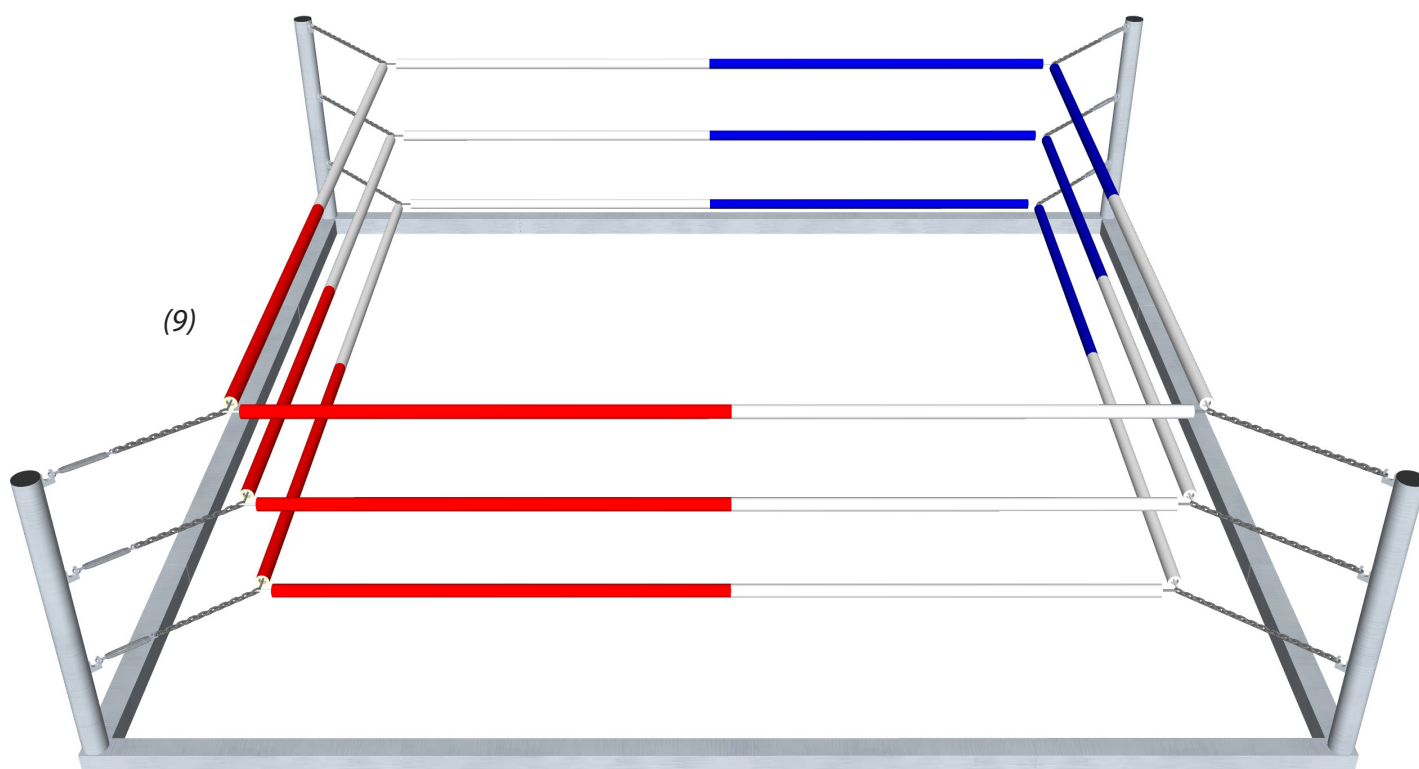
Attach turnbuckles to 2 corner posts on opposite sides and attach chains to 2 remaining posts, also on opposite sides. Start with bottom rope initially attaching rope using second link on chains.

Matching the color ropes, repeat rope attachments for remaining two ropes.

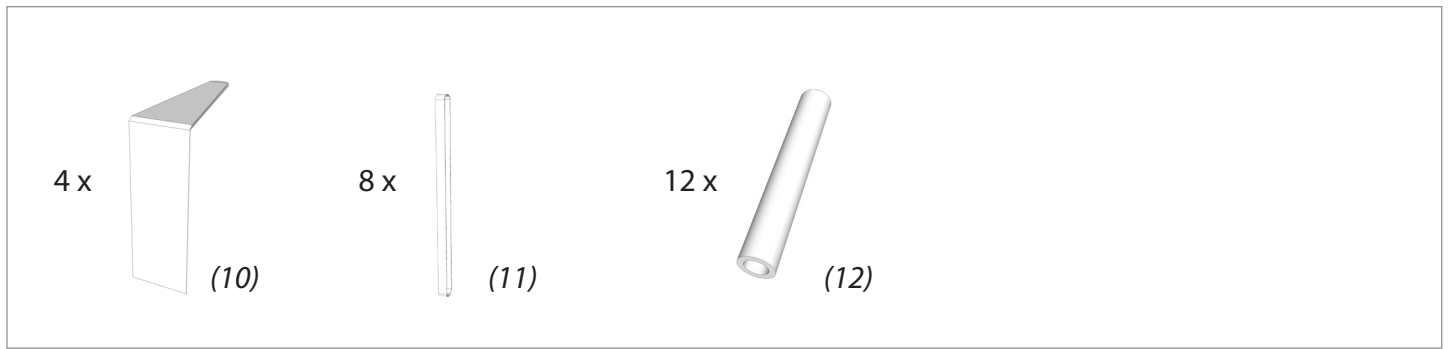
**Note:** that as new ropes stretch with use, you may need to attach at other links on repeat assemblies.

Rotate Turnbuckles to tighten ropes. Tighten evenly, with two assemblers doing rotation at same speed.

Prior to attaching turnbuckles rotate them to extend and loosen.



### 3 Padding

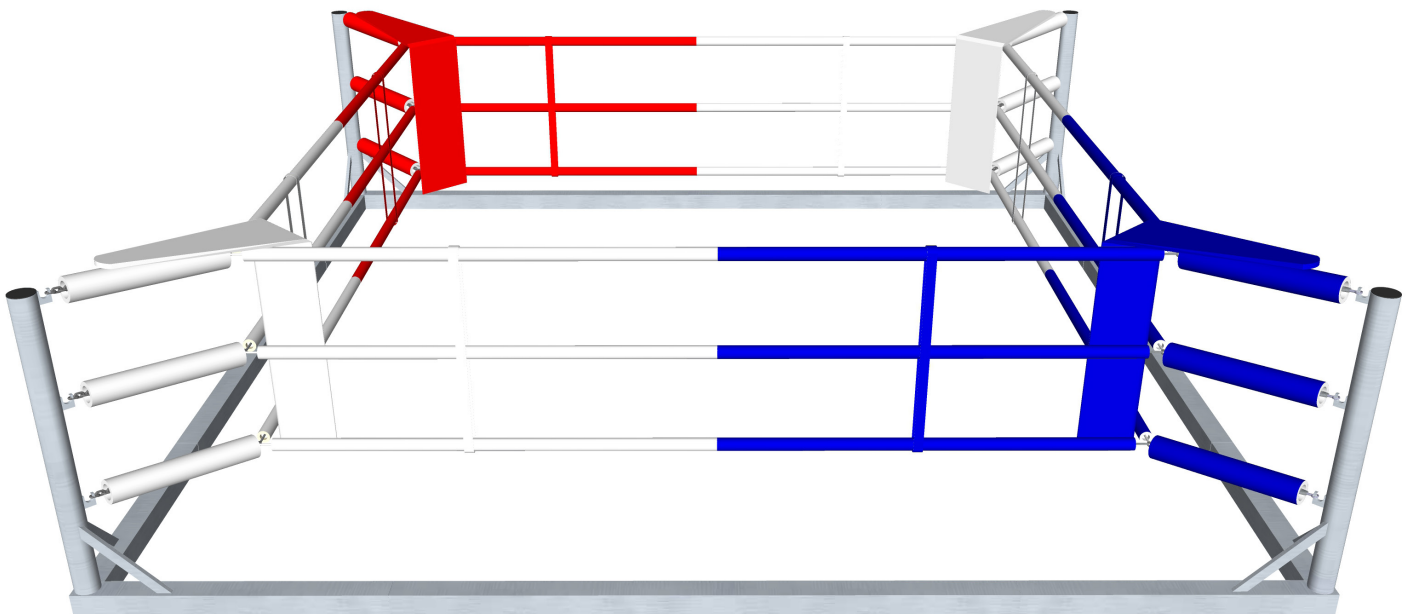


Cover the chains and turnbuckles with tubular padding (12) by sliding over and then attaching color matching cover with velcro.

Rope spacers (11) - matching colors, attach velcro on top ring from inside ring and loop over then attach at bottom

Tie rope string ends to chains

Attach corner cushions (10), matching colors, top attaches on top turnbuckle padding and then bottom.



## Special

Optional Mount for heavy bags. You can also attached optional heavy bags mounts to the corner frame, thanks to which you can create a multi functional training station within few minutes.

