

Work Station Assembly Instructions

1x Main Pole
Tabs for platform attachment are at top end of main pole.

3x Heavy bag hanger assembly Attach

3 pieces to top of main pole.
Insert included Eye loop hooks, then secure with nuts.
Note: Top of main pole has side tabs for bag platform attachment.

1x Platform
Included in packaging pre-assembled, ready to attach.

4x Legs

Must be secured to flooring before use with fasteners that are not included. You must use fasteners of adequate strength and size for floor type, to insert through predrilled holes.
We are not responsible for any damage or injuries resulting from improper attachment or assembly.

Note: All screws and bolts are the same size