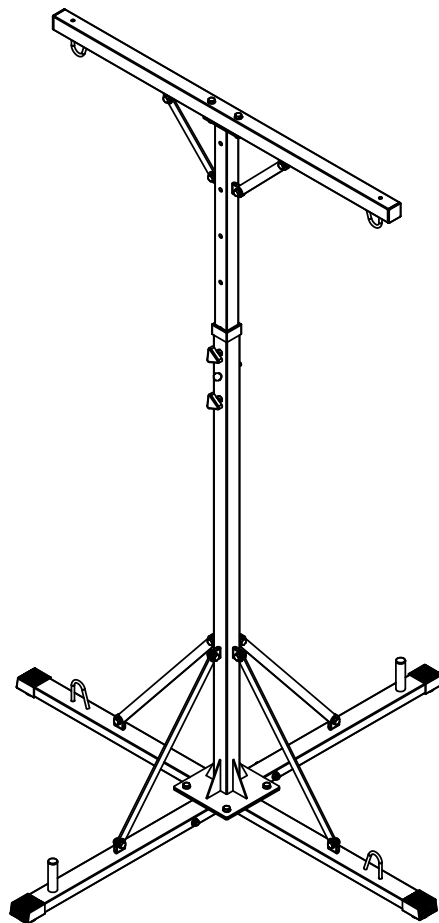


# DOUBLE TROUBLE HEAVY BAG STAND



**Owner's Manual**

# PARTS LIST

- Hardware Package**

No.	Description	Q'ty
1	M10 x 75 bolt	4
2	M10 x 65 bolt	2
3	M10 x 25 bolt	12
4	M10 x 20 bolt	4
5	M10 nut	22
6	∅ 10 washer	44

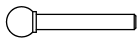
- Attached to the frame**

7	45 tube plug	2
8	∅ 25 tube plug	2
9	∅ 25 buffer washer	2

- Parts in the box**

10	∅ 10 x 65 locking pin	1
11	M10 triangular adjustment handles	2
12	5045 tube bushing	1
13	3060 foot cover end caps	4
14	M9 spring hook	1
15	Lower main frame upright 0100	1
16	Main leg extension 0200	1
17	Upper main frame chrome tube 0300	1
18	Top cross bar 0400	1
19	Support leg extensions 0500	2
20	Lower support braces 0600	4
21	Upper support braces 0700	2

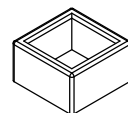
⑩ x 1 pc



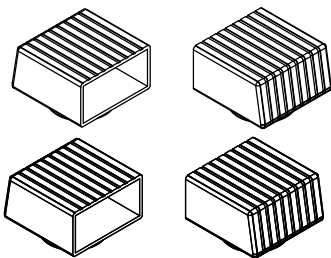
⑪ x 2 pcs



⑫ x 1 pc



⑬ x 4 pcs



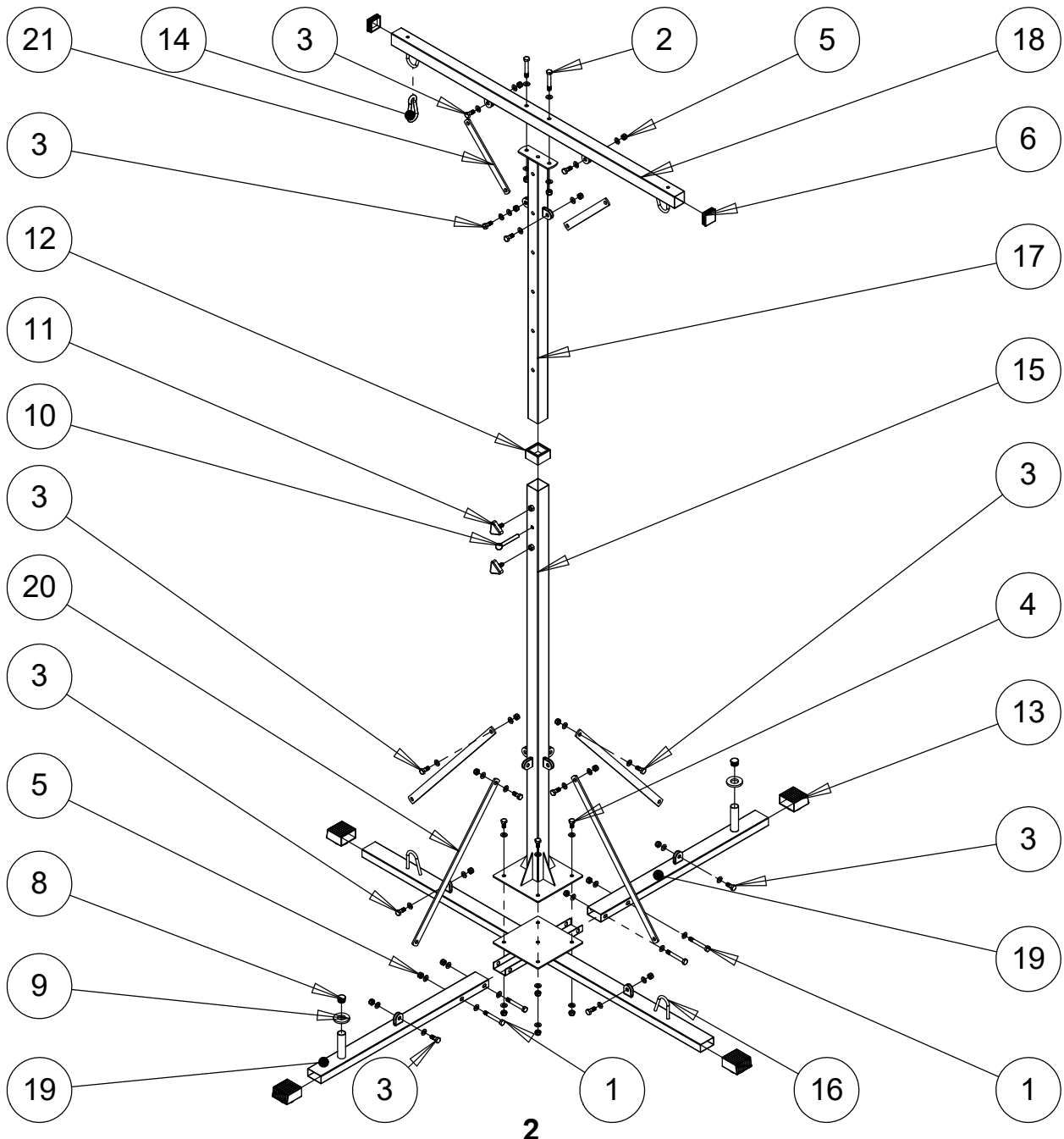
⑭ x 1 pc



# ASSEMBLY

Note: Only finger tighten all the nuts until each piece is correctly in place.

1. Attach both support leg extensions (#19) to the main leg extension (#16) with four (#1) bolts, four (#5) nuts and eight (#6) washers.
2. Attach the four leg extension foot cover end caps (#13) to the ends of both leg extensions (#s 16 & 19).
3. Attach the lower main frame upright (#15) to the main leg extension (#16) with four (#4) bolts, four (#5) nuts and eight (#6) washers.
4. Attach all four lower support braces (#20) to the main frame upright (#15), main leg extension (#16) and support leg extensions (#19) with eight (#3) bolts, eight (#5) nuts and sixteen (#6) washers.
5. Place the tube bushing (#12) onto the lower main frame upright (#15).
6. Insert the upper main frame chrome tube (#17) into the lower main frame upright (#15) and adjust the top to a level that is comfortable for you to finish the assembly with the locking pin (#10).
7. Screw the two triangular adjustment handles (#11) into the lower main frame upright (#15), and insert the locking pin (#10) between them.
8. Attach the top cross bar (#18) to the upper main frame chrome tube (#17) with two (#2) bolts, two (#5) nuts and four (#6) washers.
9. Attach the two upper support braces (#21) to the top cross bar (#18) and upper main frame chrome tube (#17) with four (#3) bolts, four (#5) nuts and eight (#6) washers.



# **SAFETY & PRECAUTIONS**

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**IMPORTANT: READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT.**

**KEEP THE OWNER'S MANUAL IN A SECURE PLACE FOR FUTURE REFERENCE.**

- Make sure to use at least two people to assemble the stand and adjust the height of the stand.
- Inspect the entire stand before each use for security, all connections, any worn parts, and the striking bags for any wear and tear.
- This stand was designed and manufactured for optimum safety. However, operator precautions apply every time you train. Only use with an adult present.

## **WARNING**

1. Keep children and pets away from this equipment.
2. Always inspect equipment prior to use to assure structural integrity. Some parts may need occasional maintenance due to wear and tear.
3. If dizziness, nausea, chest pains or any other abnormal symptoms are experienced while using this equipment, stop the workout at once and consult a physician immediately.
4. Always use this equipment on a level surface.
5. Before using this equipment, always do stretching exercises to warm up.
6. Use this equipment only for its intended use as described in manual.
7. Before beginning any exercise program, consult a physician.
8. It is recommended that you always use hand wraps and well-padded gloves every time you train with a heavy bag, double end bag, speed bag and/or training on this stand.