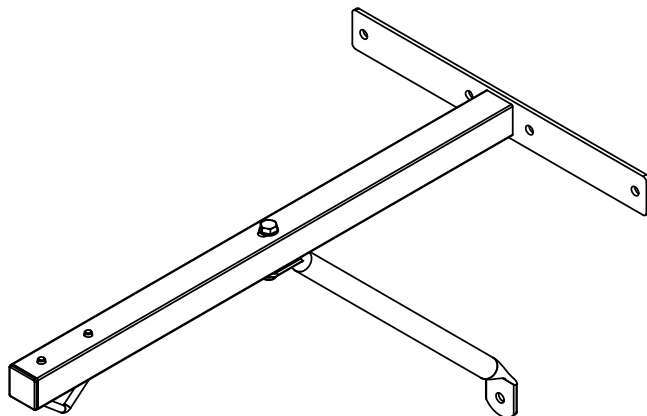


# DOUBLE END BAG WALL HANGER 2.0



**Owner's Manual**

DEBHW2

# PARTS LIST & ASSEMBLY

- Hardware Package

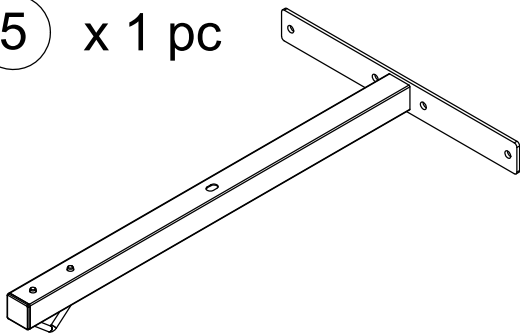
No.	Description	Q'ty
1	M10 x 60 bolt	1
2	M10 nut	1
3	∅ 10 washer	2

- Attached to the Frame

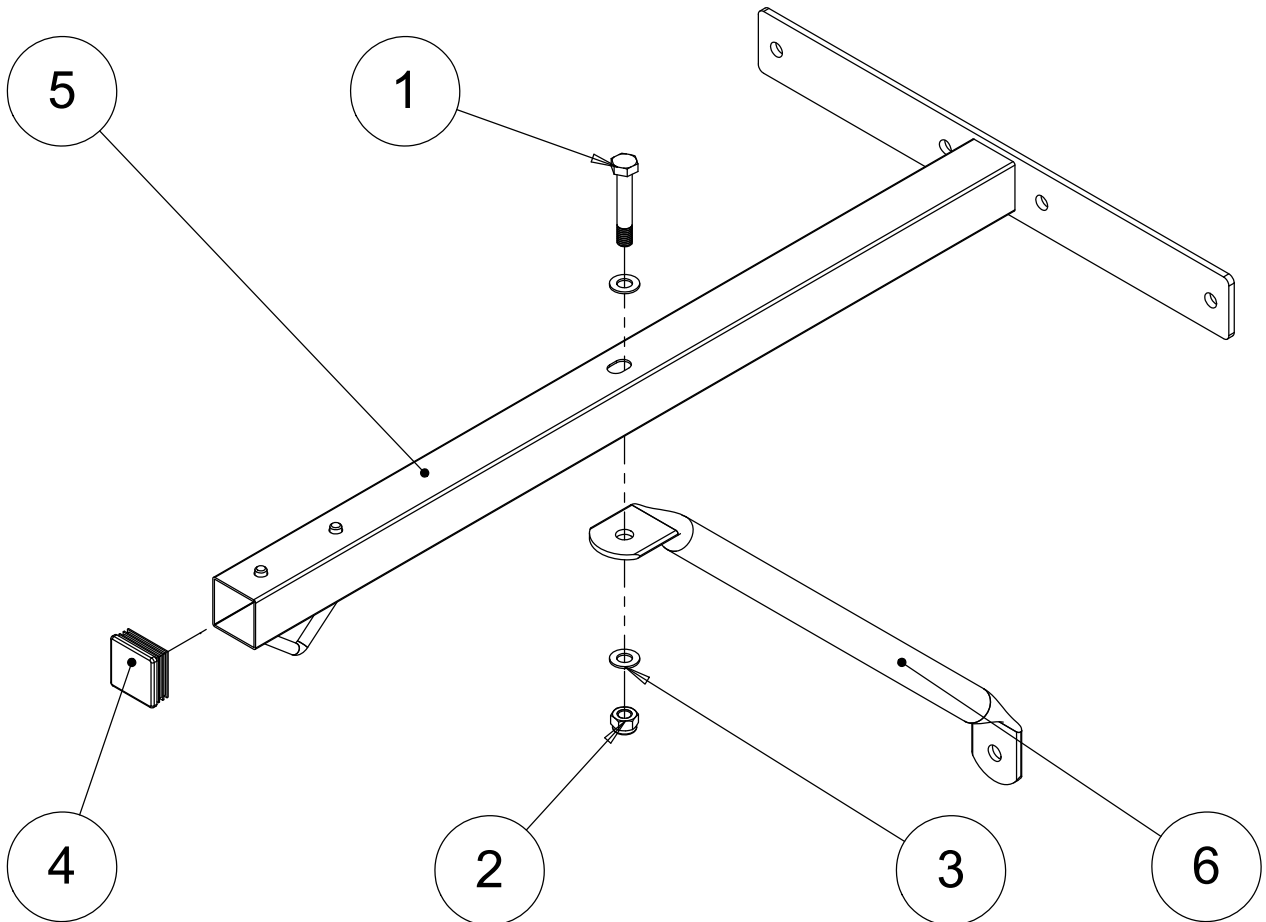
4	40 tube plug	1
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- Packed in the Box

⑤ x 1 pc



⑦ x 1 pc



# INSTRUCTION

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1. Assemble the TITLE Double End Bag Wall Hanger as illustrated with the hardware included. Make sure all bolts, nuts, end caps and connections are tightly secured.
2. Determine the ideal height for hanging the unit. The ideal height to hang on a wall is with the top bar between 7' (84") and 8' (96") high. You want to punch the double end bag when the bag is hung at approximately shoulder to head height of the user.
3. If securing to a masonry wall, you'll need 3 or 5 hex head lag screws (1-3/4" x 3/8"), 3 or 5, 3/8" flat washers and 3 or 5 metal lag expansion shields (2-3/8" x 3/8"). You can choose if you want to install screws into the two inside top bracket holes. Use a level to make sure you have the wall mount placed evenly. Mark the mounting holes on the wall with a pencil or marker and then drill pilot holes into the wall before securing the unit with the noted hardware.
4. If securing to wood stud wall, you'll need 3 or 5 hex head lag screws (1-3/4" x 3/8") and 3 or 5, 3/8" flat washers. Secure two brace boards onto the wall first to attach the top and bottom braces onto. Next, use a level to make sure you have the wall mount placed evenly. Mark the mounting holes on the wall with a pencil or marker and then drill pilot holes into the brace boards before securing the unit with the noted hardware. The unit is designed for the two outside top brace mounting holes and bottom middle brace holes to secure into 16" OC wood studs.
5. Make sure all the mounts and connections are secured tightly and the hanger is stable and secure before every use.

## **WARNING:**

- Make sure to use at least two people to assemble and hang the unit.
- Check the unit before using every time to assure it is stable and in excellent condition, with no loose parts or connections.
- Always consult a physician before beginning any workout and exercise program.
- It is recommended that you always wear hand wraps and well-padded bag gloves when hitting the double end bag.
- Always keep the area around the hanger clear of all objects before every use.
- Only for use with double end bags. Weight limit 50 Lbs.