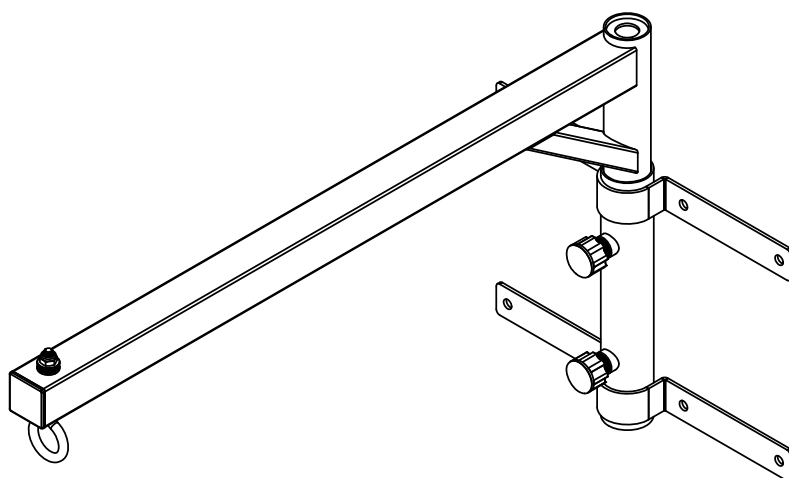


FightingTM

SLIP-N-MOVE WALL MOUNT HANGER 2.0



Owner's Manual

FSWSM2

PARTS LIST & ASSEMBLY

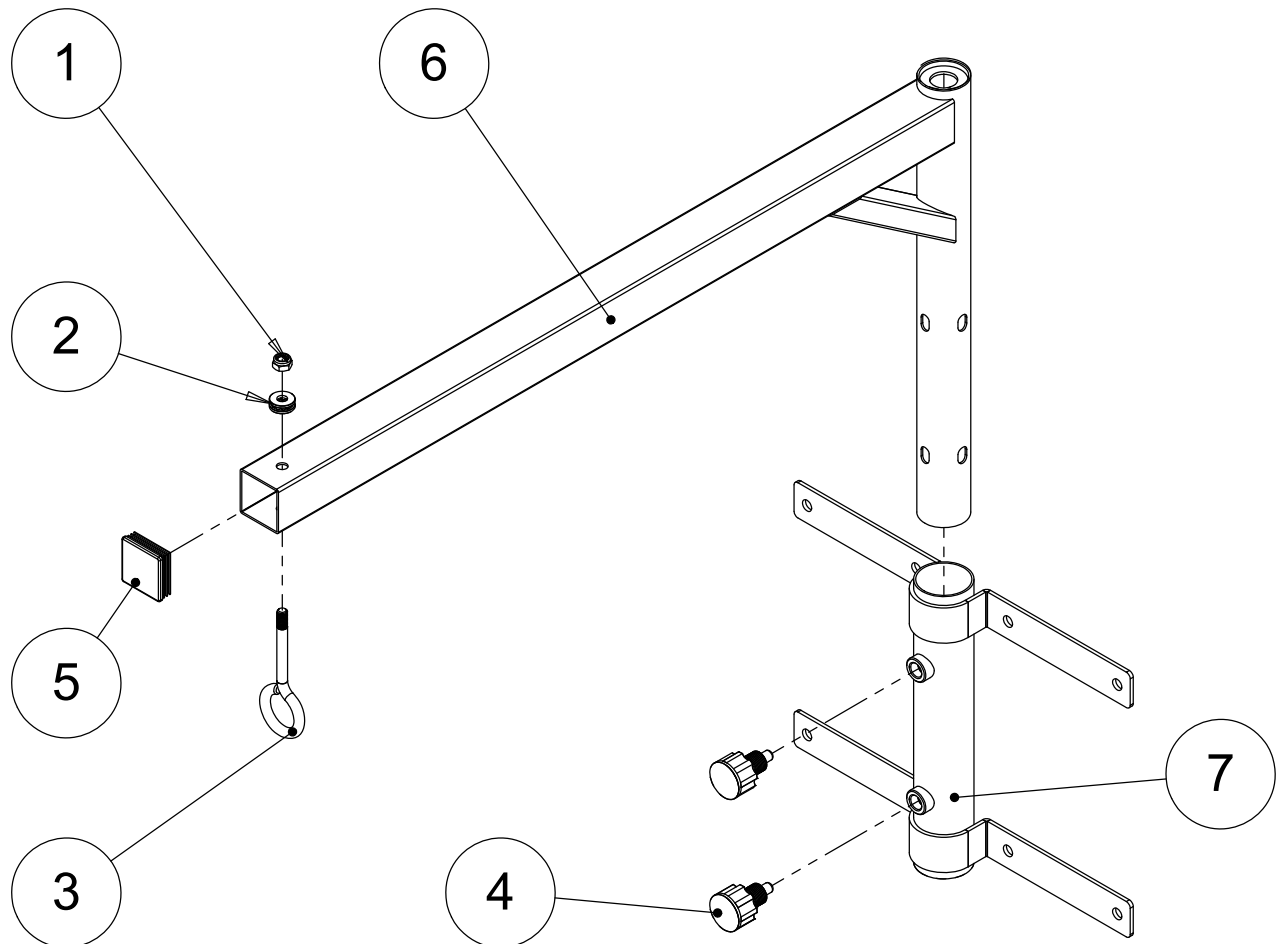
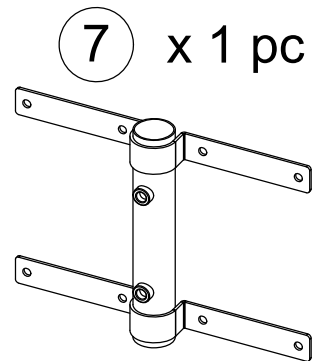
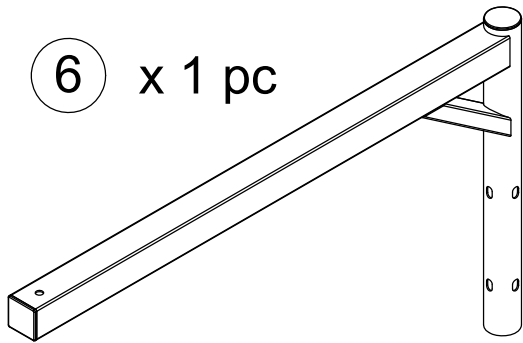
- Hardware Package

No.	Description	Q'ty
1	M10 nut	1
2	51100 bearing	1
3	hook	1
4	M16 popper pin	2

- Attached to the Frame

5	50 tube plug	1
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- Packed in the Box



INSTRUCTION

1. Assemble the Fighting Sports Slip-N-Move Wallmount Hanger with the hardware included. Make sure all the bolts, nuts and connections are tightly secured.
2. Determine the ideal height for hanging the unit. The ideal height to hang the unit on a wall is with the top bar at least 8' (96") high. This allows approximately 18"-24" for the heavy bag hanging chain or straps and the attachment S-hook or spring hook. You want to punch the heavy bag in the top third to middle of the bag when hanging.
3. If securing to a masonry wall you'll need 8 hex head lag screws (4-3/4" x 3/8"), 8, 3/8" flat washers and 8 metal lag expansion shields (2-1/2" x 3/8"). Secure the metal H brace to the desired wall location with the correct wall mounting hardware. Note that the top bar will ultimately hang about 4" above the metal H brace after attaching. Use a level to make sure you have the wall mount brace 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 attaching to a wood stud wall you'll need 8 hex head lag screws (4-3/4" x 3/8") and 8, 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 top and bottom braces to secure into 16" OC wood studs, if attaching on the 4 outside holes.
5. Screw the two round center attachment pop pins into the center bar of the metal H brace and into the two center holes on the back vertical top bar attachment pole. Tighten to secure. To move the top bar to the left or right to get the hanging bag away from traffic areas, simply loosen the two round center attachment pop pins, move the top bar and bag either left or right to against the wall. Secure the two round attachment pop pins into the side holes to keep the top bar and bag secured against the wall and away from traffic areas.
6. 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.
- Check the heavy bag, hanging chain and/or straps and top connecting hook before every use for security and any wear and tear.
- 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 heavy bag.
- Maximum Heavy Bag Weight Limit: 200 Lbs.