

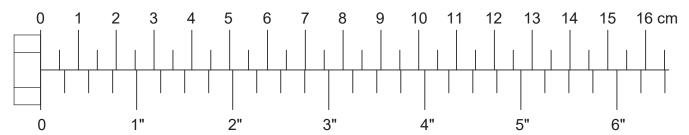
4-SCORE PUNCHING BAG STAND



Owner's Manual

PARTS LIST

Hardware Package

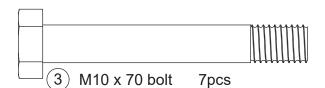


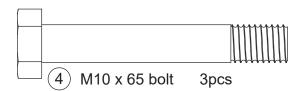


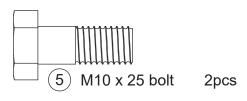
(1) M10 x 85 bolt 1pc



(2) M10 x 75 bolt 3pcs













(8) M10 nut 17pcs



(9) M10 nut 4pcs



 $\bigcirc 10$ $\bigcirc 10$ washer $\bigcirc 34$ pcs



(11) \emptyset 10 spring washer 4pcs



12 M5 nut 4pcs



 \bigcirc 5 bigger washer 4pcs



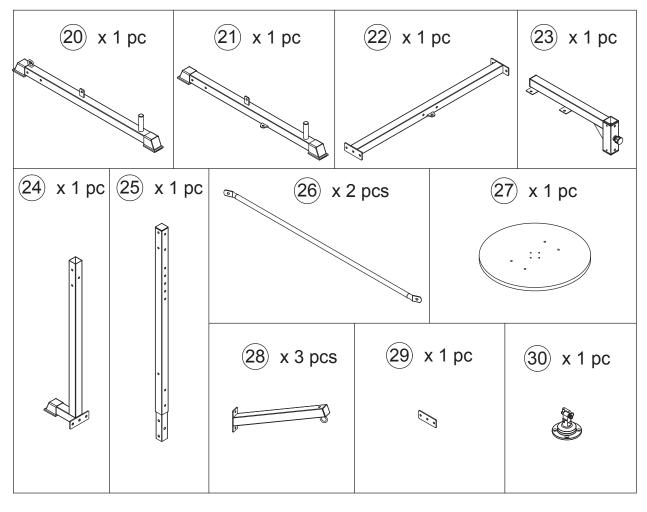
14) Ø5 spring wahser 4pcs

PARTS LIST

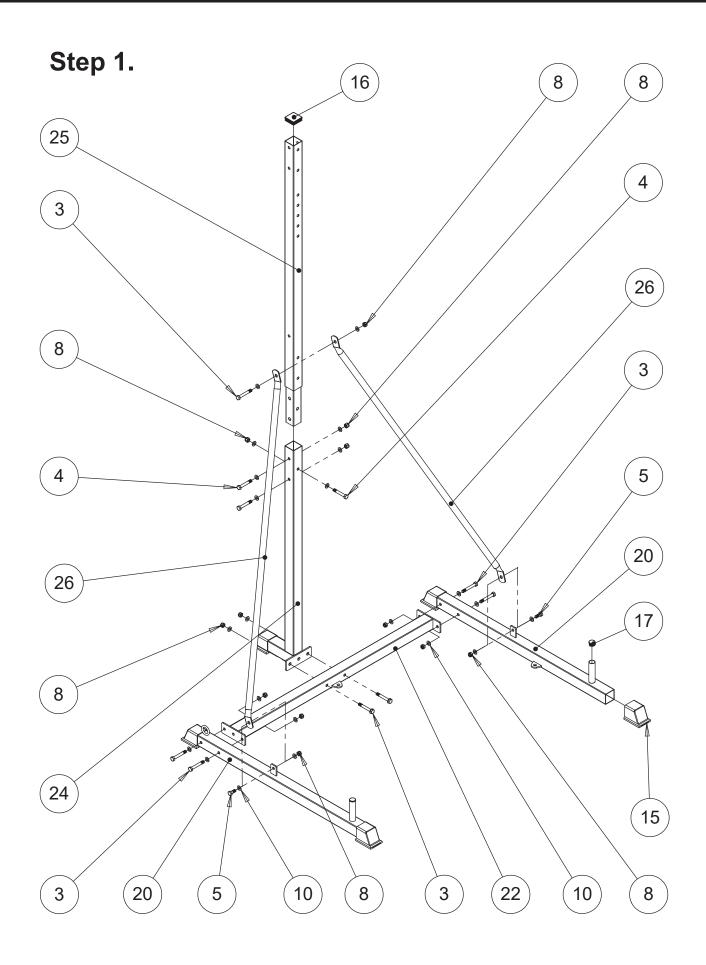
Attached to Frames

No.	Description	Q'ty
15	50 foot cover end caps	5
16	50 tube end plugs	5
17	Ø 25 tube plugs	2
18	6050 tube bushings	2
19	M16 popper pin	1

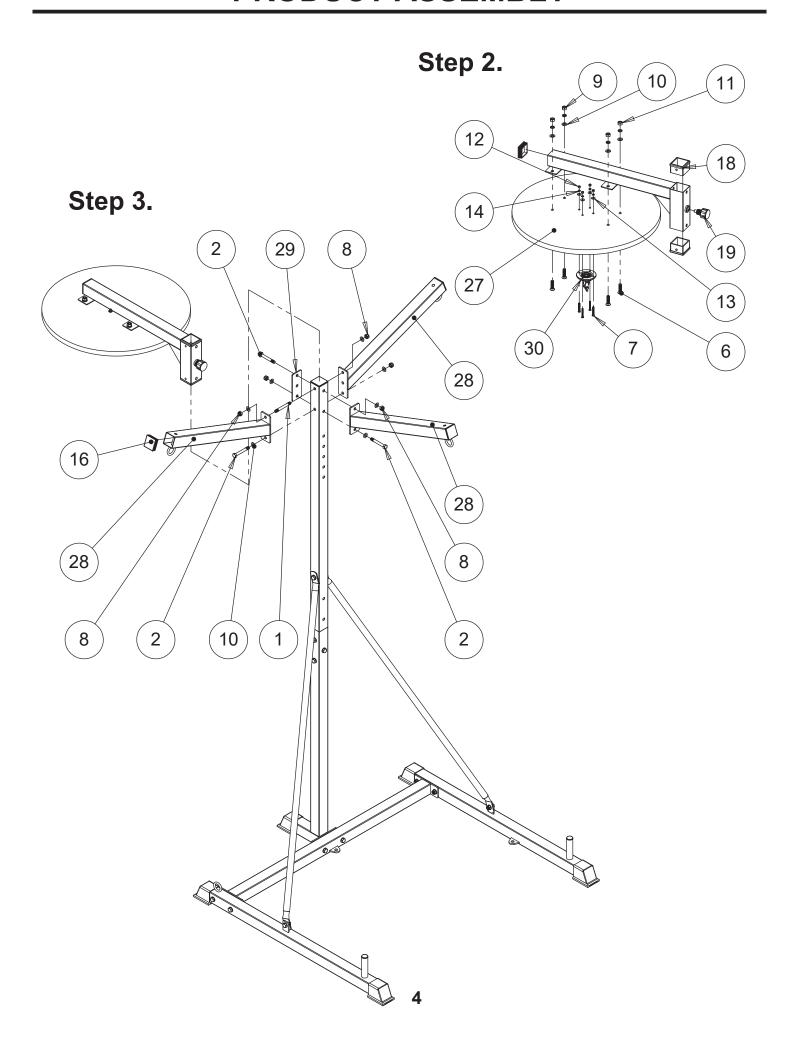
Packed in the Box



PRODUCT ASSEMBLY



PRODUCT ASSEMBLY



SAFETY & PRECAUTIONS

RETAIN OWNER'S MANUAL FOR FUTURE REFERENCE.

NOTE: PLACE MANUAL AND WARRANTY INFORMATION IN SAFE SECURE PLACE.

IMPORTANT: READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT.

BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT A PHYSICIAN.

Note:

- Additional features on products may be added during seasonal production but may not be representative in line art diagrams at time of production. Changes as such will not affect the performance or assembly of the unit.
- This exercise equipment was designed and built for optimum safety. However, certain operator precautions apply whenever you operate a piece of exercise equipment. Please note the following safety procedures.

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. Be careful to set this equipment up away from walkways to avoid possible contact with protruding pieces on the stand.
- 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 bag gloves every time you train with a heavy bag, double end bag, speed bag and/or training on this stand.