

# ***Fighting***<sup>TM</sup>

## **ADJUSTABLE SPEED BAG PLATFORM**



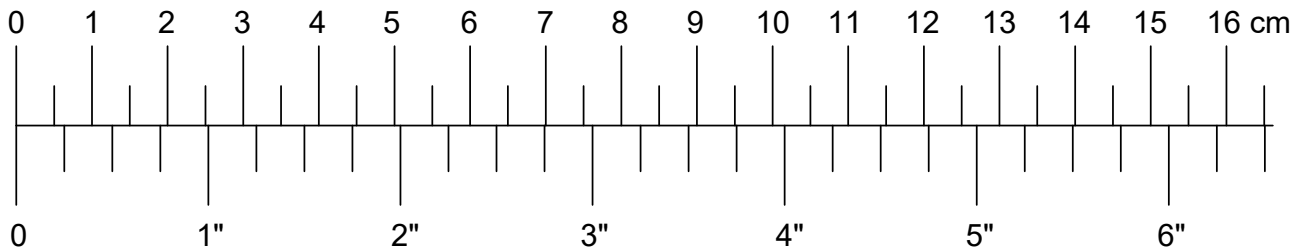
**Owner's Manual**

FSSBPA

# PARTS LIST

- Hardware Package**

No.	Description	Q'ty
1	M8 x 55 cross recessed countersunk head screw	4
2	M8 x 35 bolt	4
3	M8 x 40 bolt	2
4	M8 lock nut	2
5	M8 nut	4
6	∅8 washer	8
7	∅8 spring washer	4
8	M8 bulgy screw	4
9	M8 handle	4
10	M5 x 30 hexagon socket button head screw	4
11	M5 nut	4
12	∅5 washer	4
13	∅5 spring washer	4
14	∅8 nylon washer	4



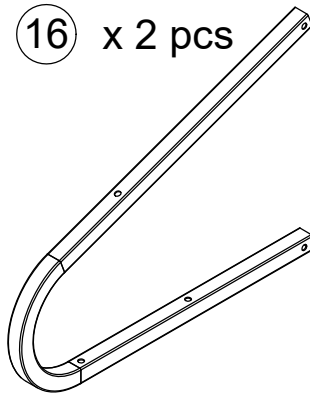
- Parts in the box**

15	Frame base	2
16	Support bar	2
17	Wood platform	1
18	Cross bar	1
19	Swivel	1

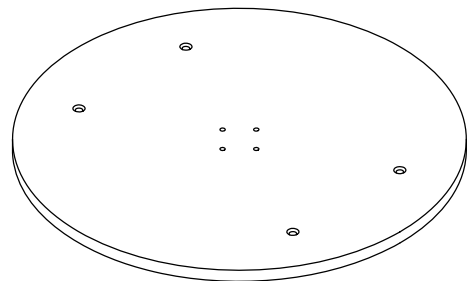
⑮ x 2 pcs



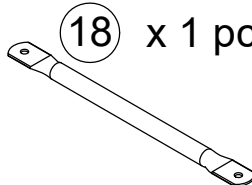
⑯ x 2 pcs



⑰ x 1 pc



⑱ x 1 pc

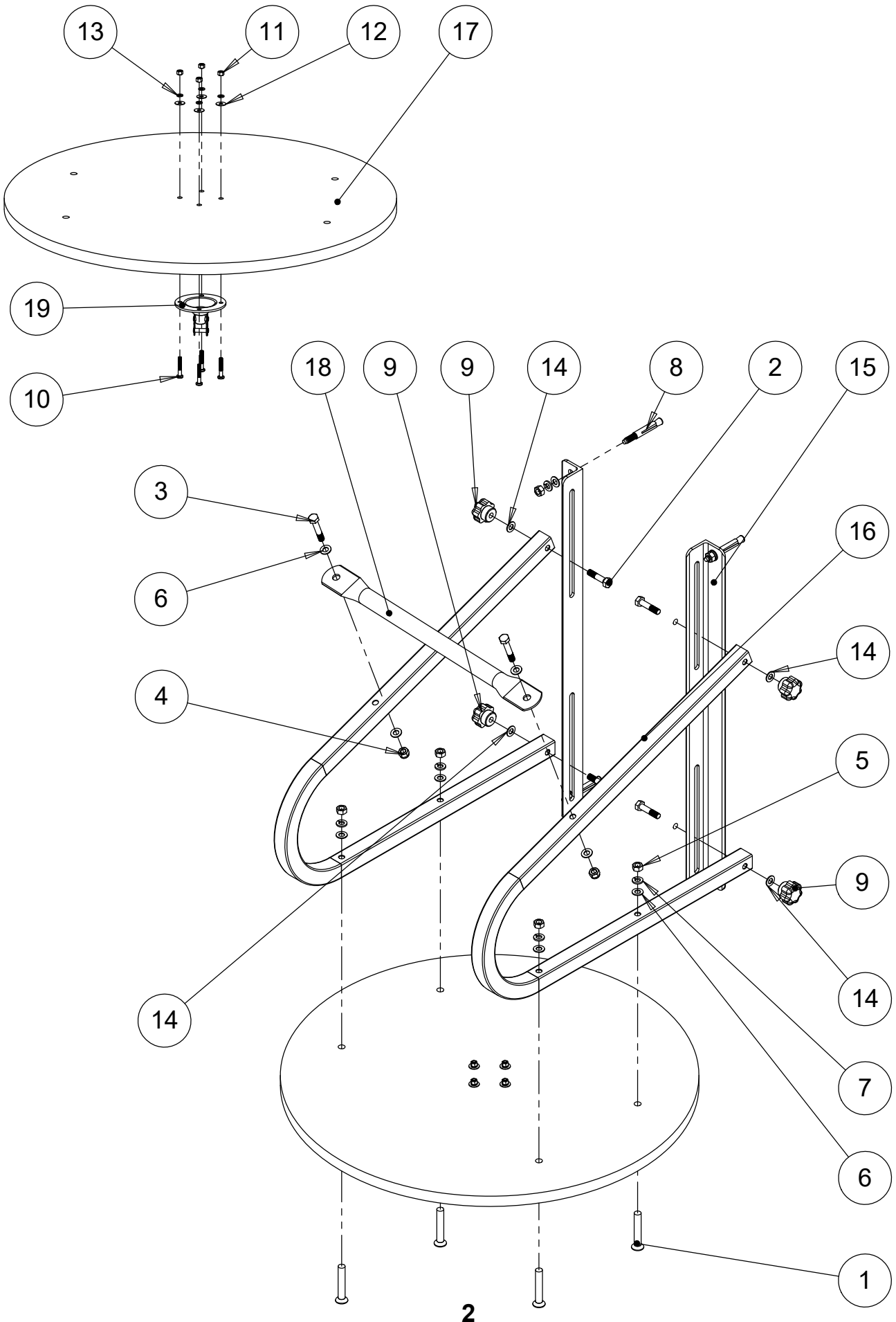


⑲ x 1 pc



# PRODUCT ASSEMBLY

- Fix the Swivel



# INSTRUCTION

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1. Assembling the platform. Mount the speed bag swivel with the four bolts, nuts and washers provided to the bottom side middle of the round wooden board, as diagramed on the top of Page 2. The bottom side of the board is the side that will face down and be the side that you actually hit the speed bag against when working out.
2. Next, assemble the metal frame exactly as per diagramed on the lower half of Page 2, using the Parts and Hardware diagramed. Hand tighten everything initially, until fully assembled, then tighten securely all connections.
3. Determine the ideal height for hanging the platform. The average height to hang the wooden platform is 6' high (72"). This allows the speed to hang at ideal height for average adults. The platform adjusts vertically up and down 7", so you can determine your ideal height to hang the wall braces to adjust up and down for your particular needs or users.
4. Attach the two wall mount brackets to your desired wall location with the cutout rails facing inwards. Use a level to make sure you have the wall mount rails evenly. You will need to drill pilot holes into your wall or brace boards first. If attaching to a wood stud wall, you will need to first attach two horizontal brace boards, aligning with the top and bottom mounting holes on the back wall braces, into the wood wall studs to securely support the platform. Wood lag screws to mount the platform into the two brace boards are sold separately. For attaching to masonry walls, you will need to also use the expanding masonry screws and anchors included.

## **WARNING:**

- Make sure to use at least two people to assemble and hang the speed bag platform.
- Always use two adults to adjust the height of the platform.
- Check all the connections and attachments, the swivel and speed bag for security and any wear and tear before every use, as the vibration from workouts on the speed bag platform can loosen and cause wear over time.
- Always consult a physician before beginning any workout and exercise program.
- It is recommended that you always use hand wraps and well-padded bag gloves every time you use the speed bag.