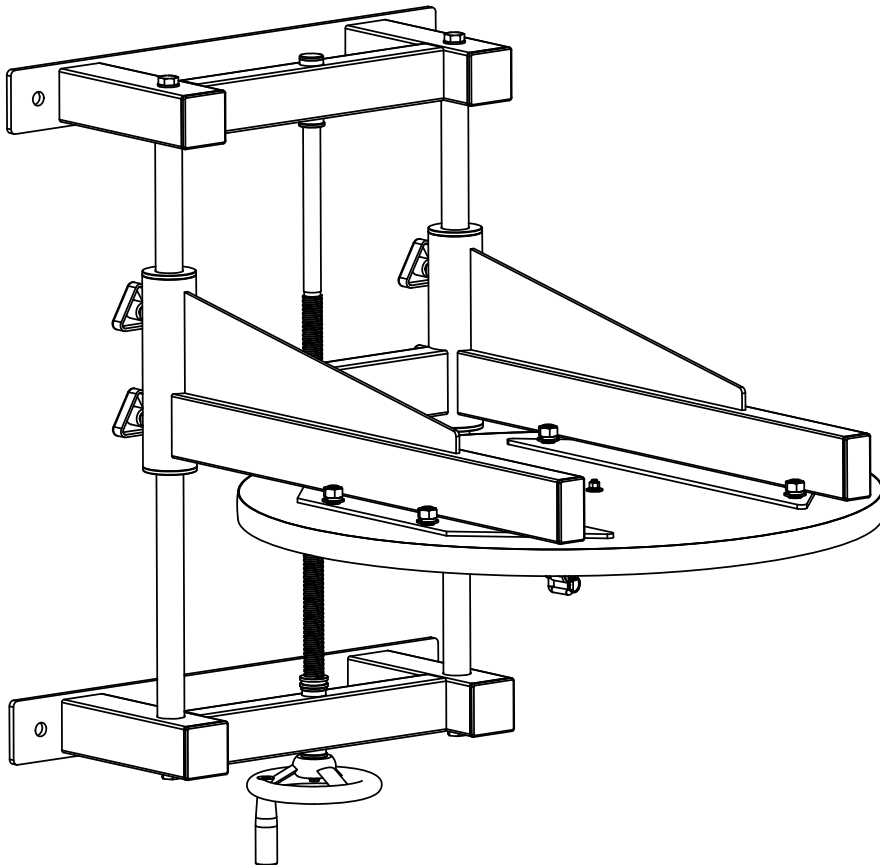


# PRECISION ADJUSTABLE SPEED BAG PLATFORM



**Owner's Manual**

# PARTS LIST

## • Hardware Package

No.	Description	Q'ty
1	M5 x 40 cross recessed countersunk head screw	4
2	M5 x 10 bolt	1
3	M5 nut	4
4	∅ 5 washer	5
5	∅ 5 spring washer	4
6	6 x 12 pin	2
7	8102 plane bearing	1
8	M12 x 40 expansion bolt	4
9	M10 x 50 screw	4
10	∅ 10 washer	4

## • Assembled

10	∅ 10 washer	12
11	M10 x 45 cross recessed countersunk head screw	8
12	M10 x 20 bolt	4
13	M10 nut	8
14	∅ 10 spring washer	8
15	50 tube end plug	4
16	3060 tube end plug	2
17	30 tube plug	2
18	∅ 22 tube plug	1
19	∅ 12 tube bushing	3
20	∅ 26-50 tube bushing	4
21	Axle block	1
22	Frame brace	2
23	Wood platform	1
24	Platform frame	1
25	Guide rod	2

## • Packed in the Box

②⑥ Swivel  
1 pc



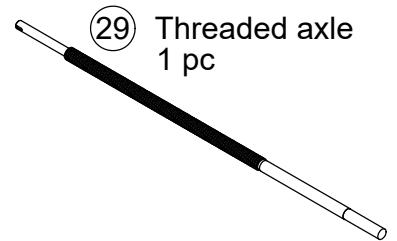
②⑦ M10 x 30 handle  
4 pcs



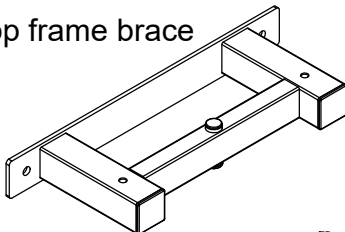
②⑧ Handle wheel  
1 pc



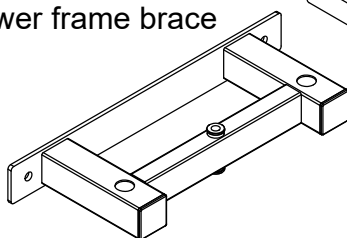
②⑨ Threaded axle  
1 pc



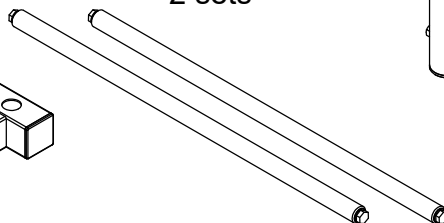
Top frame brace



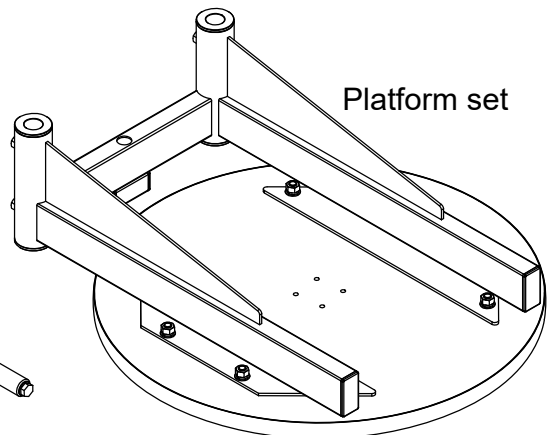
Lower frame brace



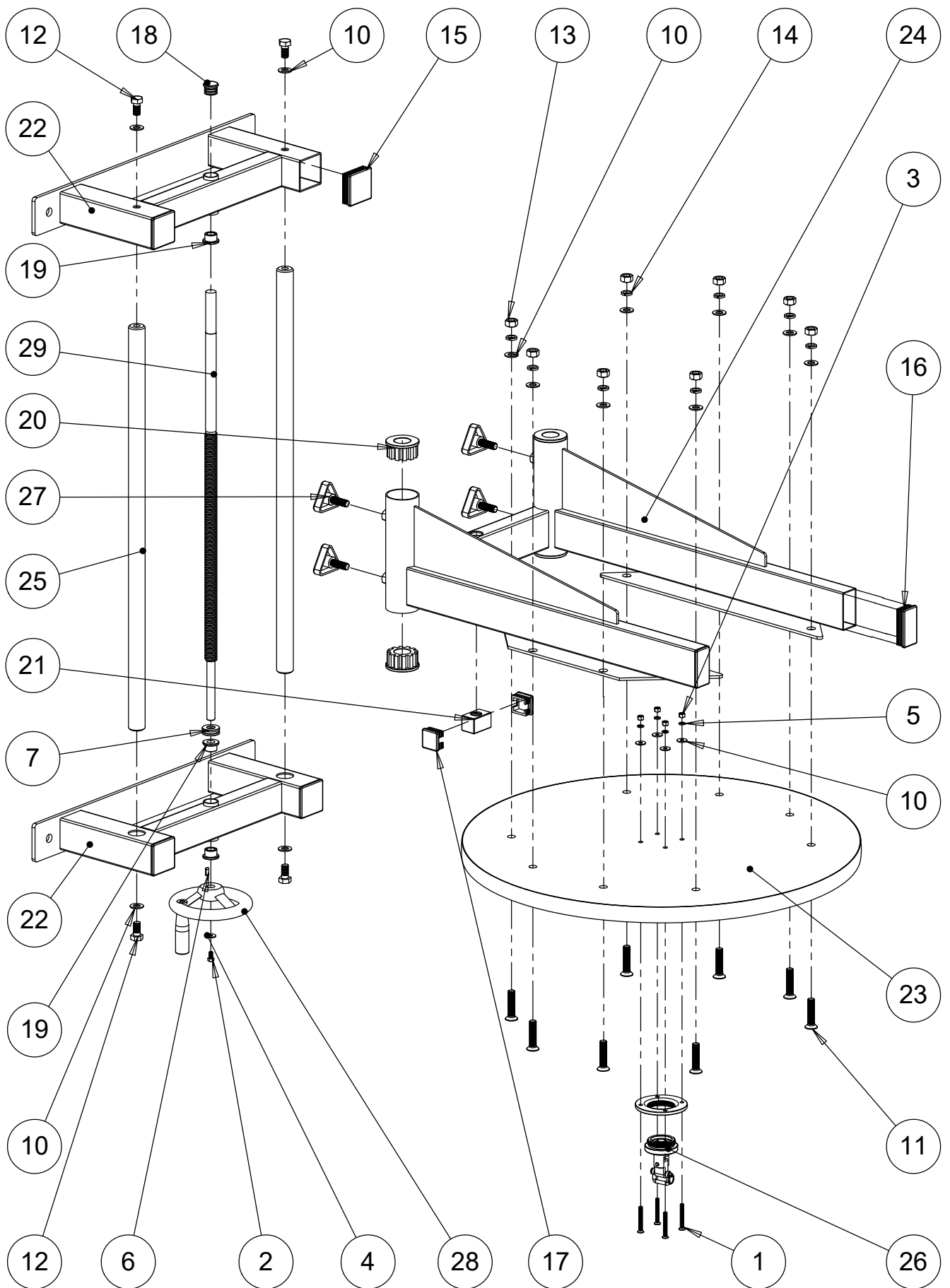
Guide rod with bolts  
2 sets



Platform set



# ASSEMBLY INSTRUCTIONS



# MOUNTING INSTRUCTIONS

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**ASSEMBLE THE PLATFORM AS ILLUSTRATED ON PAGE 2**

## **DETERMINE THE IDEAL HEIGHT TO MOUNT THE SPEED BAG PLATFORM**

Identify the range of heights for the athletes that will be using the Speed Bag Platform. Note the heights for shortest and tallest persons. Find the middle height between shortest and tallest users. These two heights should not exceed a difference of 14".

Example: Tallest person is 6'5" and the Shortest is 5'3". The difference is 14". The middle measurement would be 5'10".

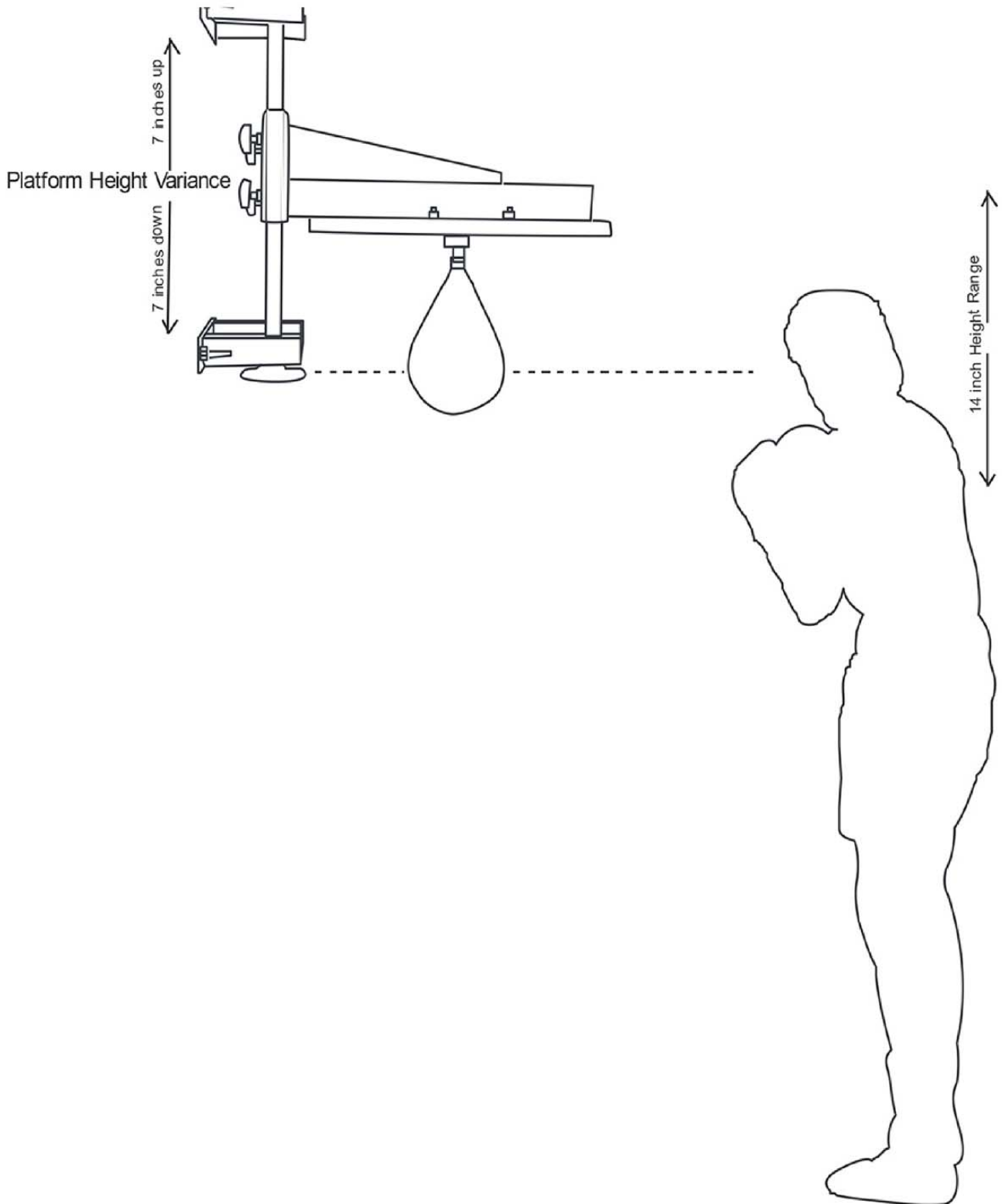
Determine the wall you want to mount the Speed Bag Platform to. Take the template provided, Diagram A on Page 4, and tape it to the determined "Center Height Line" that was figured above. This will allow the platform to raise 7" for taller users, and lower 7" for shorter users. Use the turn wheel as a benchmark gauge for the location between the highest and lowest heights. The template has the wheel location taken into account.

**See DIAGRAM A on Next Page for Example**

# MOUNTING INSTRUCTIONS

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## DIAGRAM A:

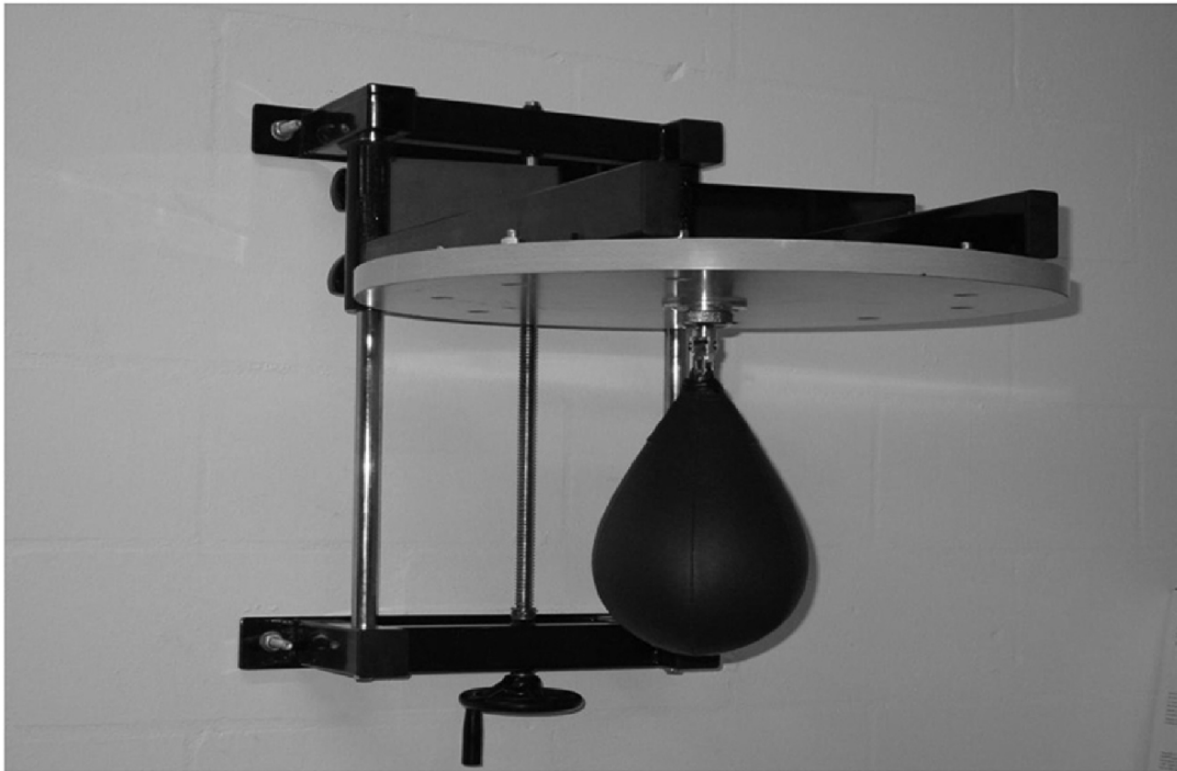


# **MASONRY WALL MOUNTING INSTRUCTIONS**

1. Using a small punch or small masonry drill bit, make a small hole in the center of the designated hole.
2. Use a masonry drill bit starting with 3/8". Once hole is made, try and tap the plug into the hole by gently tapping on the end with a hammer. Do not damage the threads. If this does not work then try a 7/16" if you have one. If you do not, then go to the 1/2" size. If you are using the 1/2 drill bit then go half way and test the plug, keep testing until it can go in far enough to expand properly.  
Helpful hint: Be sure you drill straight. If not, this will make the mounting process difficult in leveling the unit.
3. One hole is drilled, take mounting plug and test the size of hole. You should not be able to slide the plug in without resistance. Note: Its better to have a slightly smaller hole and use a hammer to tap it in then it is to be able to slide it in and out with your hands.
4. Once the size of the hole is confirmed and you have tapped in all 4 plugs, lift frame up to mounting plugs. This will require two people.
5. Start tightening the bolts systematically on frame (corner to corner to corner to corner) until bolts start to expand plug spacer.
6. Tighten all the bolts to a very snug fit. Do not overtighten or you might strip the plastic plugs out of the drilled holes.

Note: If you're mounting the Speed Bag Platform to a cinder block wall and can clearly see the blocks, try to position the drill holes so they go through the cavity section of blocks.

# WOOD STUD WALL MOUNTING INSTRUCTIONS



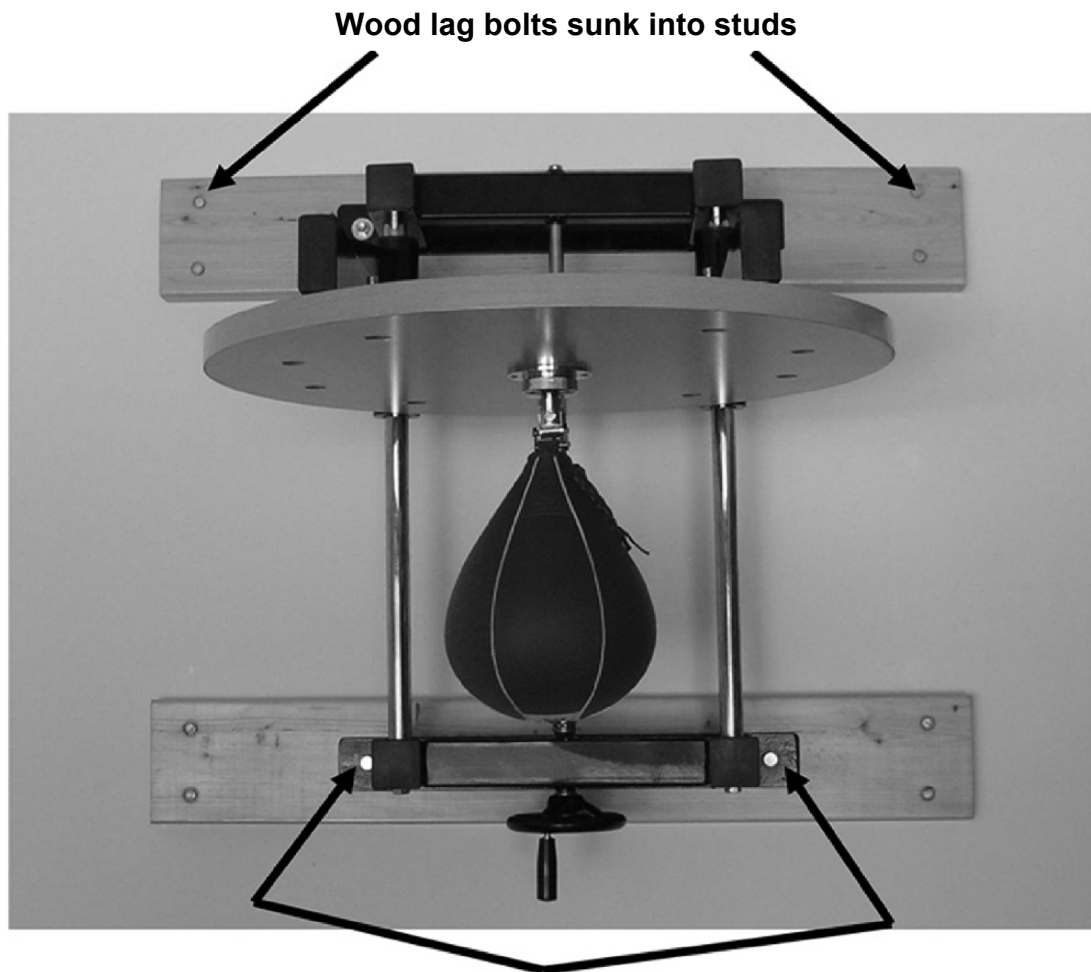
Once wood backing is in place either with cement plugs or wood lag bolts to studs. It is best to install two brace boards securely into the wood studs as illustrated on Page 7 for optimal security and stability.

1. Mark your holes to be drilled by using the template provided.
2. Drill a hole approximately 3/4 to 1" deep in desired location. Use a 1/4" wood drill bit to create the pre-set hole.  
Note: Diameter of pre-set hole will depend on what kind of wood you used for the mounting structure. A hard wood, like oak, will require a little larger pre-drilled hole. A softer wood, like pine, will use a smaller hole to start.
3. Raise frame up to holes. You will need two people for this and loosely tighten the wood bolts.

# WOOD STUD WALL MOUNTING INSTRUCTIONS

4. Start to tighten all 4 bolts going from corner to corner to corner to corner until all sides are firmly tightened.

Note: Do not tighten one bolt all they way and then proceed to the next. Tighten evenly as you work in one direction.



When finished, grab the end of the platform and pull for any signs of “play”. Platform should be firmly fastened to wall. After a few sessions using the platform check to see if any vibration has loosened the cement plugs.



# SAFTY & PRECAUTIONS

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**IMPORTANT: READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT. RETAIN OWNER'S MANUAL FOR FUTURE REFERENCE.**

**Note:** This item is shipped in an unusual shaped box. Please hold on to box until you feel there is no need to return product. Place manual and warranty information in safe secure place in your home or office.

- In the event should you find this product has either a defective or a missing part, do not use substitute parts or try to use the unit in an incomplete form. Please contact Title Boxing for a replacement.
- Additional features on products may be added during seasonal production but may not be featured in line art diagrams at time of production. Changes as such will not affect the performance or assembly of the unit. If you would like further clarification during your assembly process please feel free to contact ValorAthletics for direction.
- This product has been designed for light commercial or home use only. Light commercial can be defined as a location with multiple users but not in a membership setting. Examples would be hotels, fire departments, high schools, etc.. Commercial use would include, but not limited to, locations that accept membership for use of equipment.
- 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. Lubricate moving parts as needed (depends on use but once a month is a good rule to follow)
4. Only one person at a time should use this equipment.
5. 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.
6. Always use this equipment on a level surface. Do not use outdoors or near water.
7. Keep hands and feet away from any moving parts that are not intended to have body parts near them while in use.
8. Before using this equipment, always do stretching exercises to warm up.
9. Use this equipment only for its intended use as described in manual.
10. Always wear appropriate workout clothing and athletic shoes when training on this equipment.
11. It is advised to consult your physician before beginning any exercise program.
12. It is recommended that you always use hand wraps and well-padded bag gloves every time you train on this training equipment.