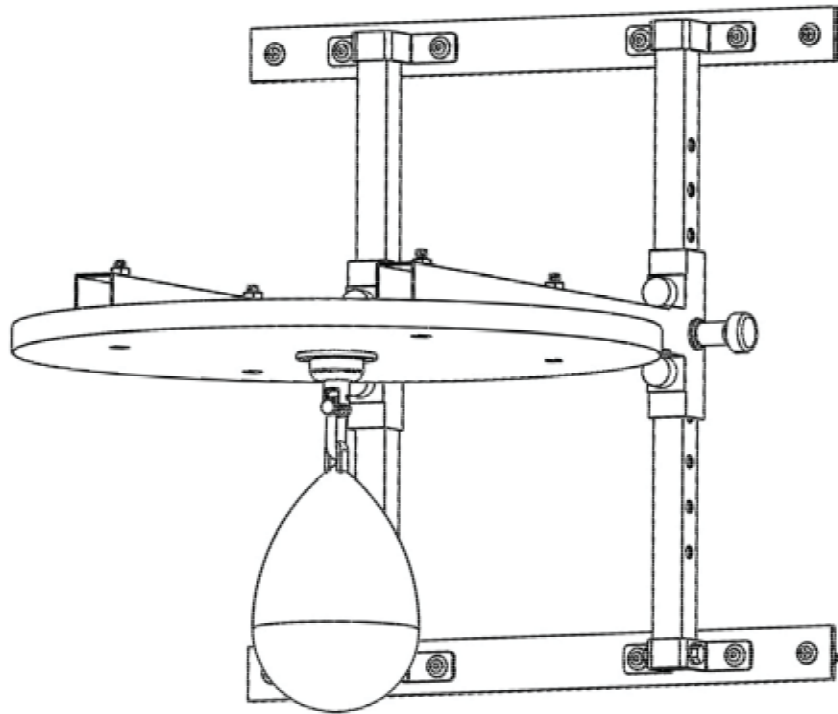
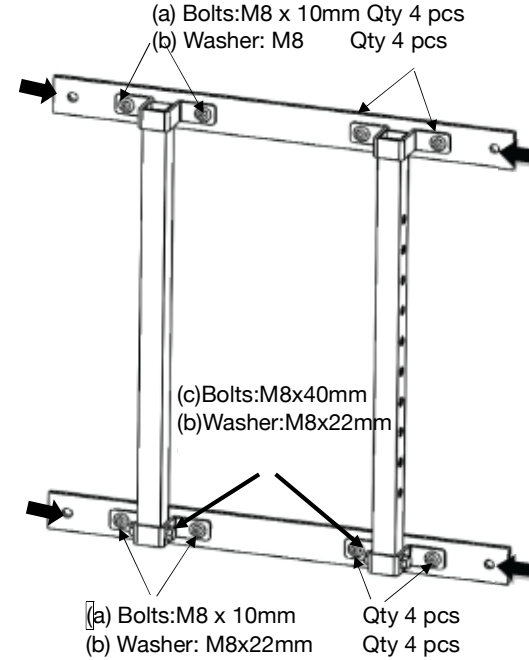


TITLE BOXING PROFESSIONAL ADJUSTABLE SPEED BAG PLATFORM

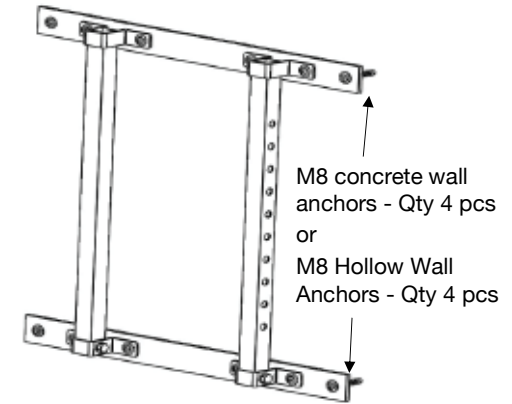
Assembly Instructions



1. Assemble the framework by securing the two vertical rails to the top and bottom horizontal support rails as illustrated below with the hardware listed.

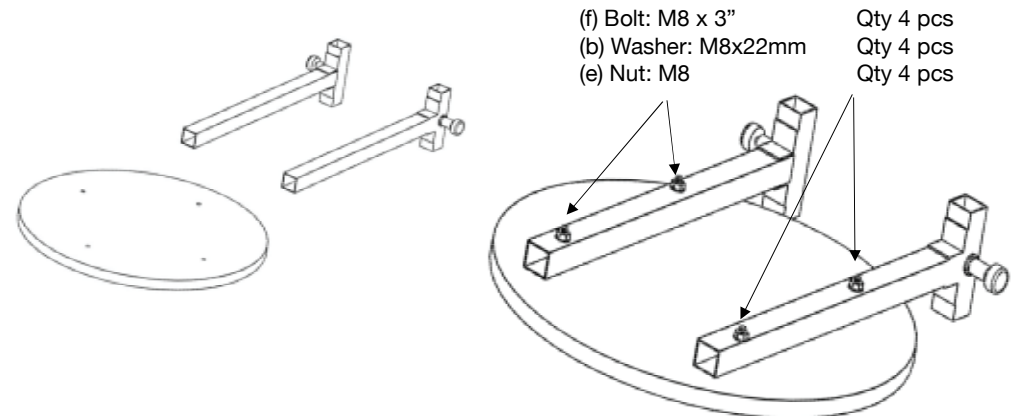


2. Determine the ideal height for hanging the platform. The average height to hang the wooden platform is approximately 6'-6" high (78"). This allows the speed bag to hang at ideal height for average adults. The platform adjusts vertically 16", so you can determine the ideal height to hang the top horizontal wall braces to adjust up and down for your particular needs or users. You want the middle of the speed bag to hang approximately eye level when slightly crouched in a boxers stance while training on the speed bag platform.

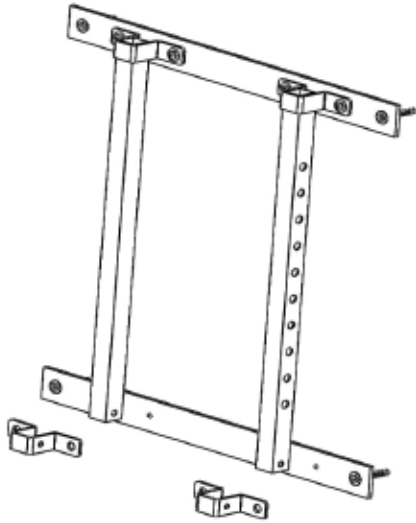


After determining how high you want to hang the platform, use the assembled framework from Step 1 as the template and mark the top and bottom anchor holes position on the wall. Make sure to use a level to check the level of the top and bottom horizontal wall bars. If securing to a wood stud wall, it is advised to hang brace boards first, for the top and bottom horizontal wall bars to attach into. Carefully drill the pilot holes for the wall anchors and install the framework onto the wall. There are two types of wall anchors provided, concrete wall anchors and wood stud wall screws. Use the correct type wall anchors needed for securing to the wall.

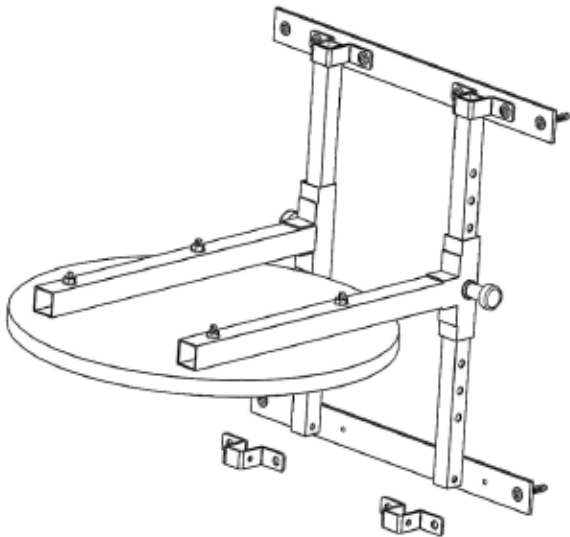
3. Secure the round platform to the top platform security arms as illustrated with the hardware listed below. The bolts go up from the bottom striking surface and secure on top with the washers and nuts listed. Then attach the speed bag swivel provided to the center of the round platform on the bottom striking surface side with the screws provided.



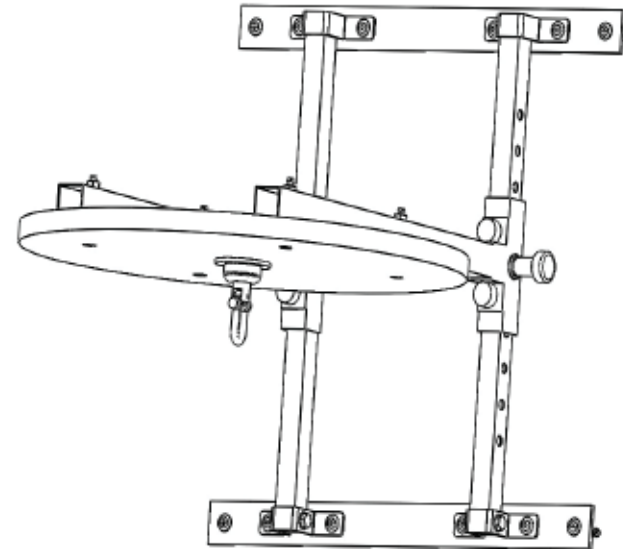
4. Unattach and remove the two bottom security braces on the bottom horizontal support rail as illustrated.



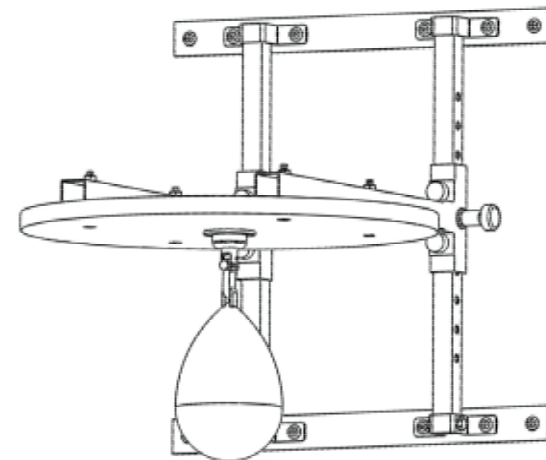
5. Sleeve the striking platform vertical holding arms through bottom of the vertical rails and use the spring pop pin on the arm sleeve to set the platform to the desired height.



6. Next, re-install and secure the two bottom security braces on the bottom horizontal support rail that were removed in Step 4. Attach the security turn knobs provided to the arm sleeves and tighten the turning knobs to reduce vibration when training on the speed bag.



7. Hang the speed bag from the top loop to the speed bag swivel and replace the security pin.



WARNING: It is advised to consult a physician before beginning any exercise program. The Professional Adjustable Speed Bag Platform is manufactured to be used with an air-filled speed striking bag. Follow all instructions carefully. Improper use and/or installation could result in injury. Be sure to check all mounts, connections and assembly of the platform, including the swivel and speed bag for any wear and tear, before every use. It is recommended to wear hand wraps and well-padded bag gloves whenever training on the speed bag.