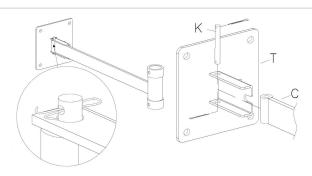
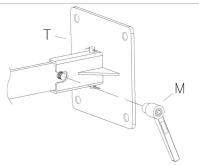
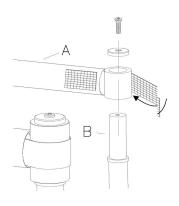
TITLE Rapid-Reflex Boxing Bar Assembly Instructions



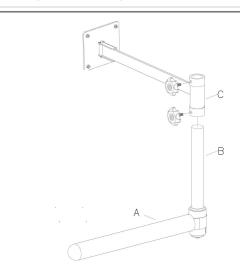
1. Assemble the main arm (C) onto the steel plate (T) with the steel cylindrical bolt and security pins (K).



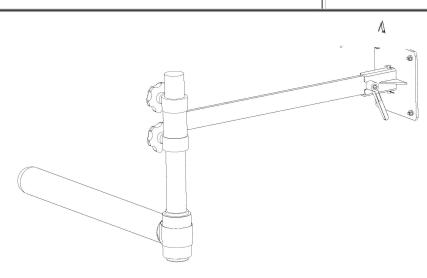
2. Assemble the adjustable security pop-pin (M) on the steel plate (T). The pop-pin allows the main arm to be folded inwards, towards the wall, to keep it out of the way when not in use.



3. Attach the reflex bar (A) onto the support pole (B) and tighten with gasket and screw included. Next, tighten the Velcro security strap around the collar and secure.

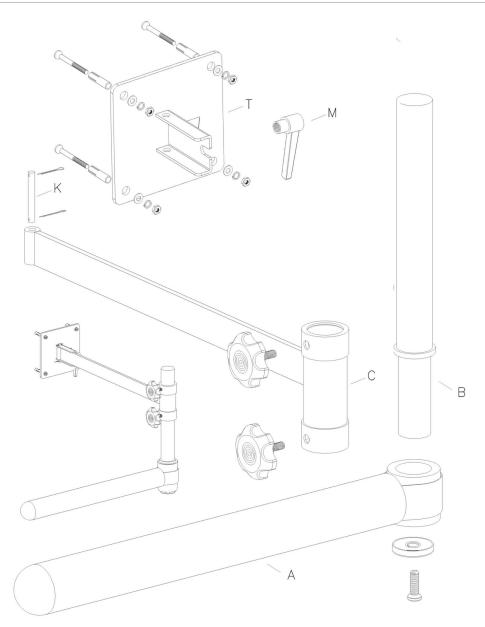


4. Insert the support pole (B) into the bottom of the collar on the main arm (C). Insert the two turn knobs included into the collar of the main arm (C). Use the two turn knobs to adjust the height of the reflex bar (A).



5. Find the ideal wall location and placement to install. Find a wall location that is free of any obstacles that will interfere with the spinning bar and all training activities. Next, select a height that will allow the proper height adjustment for all users, typically about 6' (72") to 7' (84") from the floor to the top of the steel wall plate (T) for most average size adults.

Place the assembled unit against the wall where attaching, move up and down until selecting the ideal height, and carefully mark the four holes. Use a level to assure correct balance. For proper use the reflex bar should be set at approximately chest to shoulder height of the athlete when training.



6. If attaching into a masonry wall, drill the four holes where marked. Secure the four masonry bolts and sleeves as illustrated. If attaching into a wood stud wall you will need to attach a brace board into the wall first, then insert four wood stud lag screws to secure.

You can remove the reflex bar (A) from the main arm (C) by loosening the turn knobs before attaching the steel plate (T) onto the wall, for easier installation.

WARNING:

- Check the unit before every use to assure it is stable and in excellent condition, with no loose parts or connections.
- Check the spinning reflex bar connections before every use for security, wear and tear and proper functionality.
- 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 and training on this bag.
- Always keep the area around the spinning and reflex bar clear of all objects before every use.
- The spinning and reflex bar can generate considerable rotational speed, all users must be aware and cautious at all times when training.