



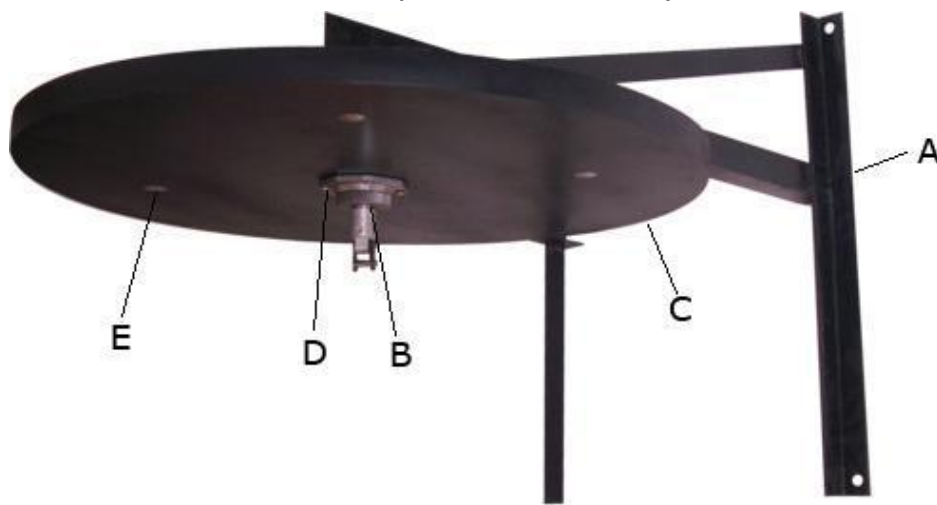
## **SPEED BAG PLATFORM**



# **OWNER'S MANUAL**

**SBP2**

1. Be sure to carefully follow all of the instructions contained herein.
2. Make sure that you securely fasten the platform to the wall and re-check before each use.
3. Be sure to install this platform in an unobstructed area and so people will not get hurt walking by or into the drum.
4. Use of any sports or exercise equipment subjects the user to degree of risk. Users of this product must assume all risk of injury.
5. Don't use this platform if any part becomes worn, fatigued or defective. Check the platform carefully before each use.



- A. 1-Right Hand and 1-Left Hand Support Bracket
- B. 1-Pro Style Speed Bag Swivel
- C. 1-Striking Board
- D. 4-Wood Screws for Securing Swivel
- E. 4-3/8" x 1-1/2" Carriage Bolts, Lock Washers and Hex Nuts

**WARNING: It's important to follow and adhere to all the instructions and guidelines herein to help avoid any injuries.**

# **TOOLS AND MATERIALS NEEDED FOR INSTALLATION**

## **Wood Stud Wall Mount**

Electric Hand Drill and ¼" Drill Bit – For Drilling Pilot Holes  
9/16" Open or Closed End Wrench

## **Wood Stud Wall Mounting Kit (Sold Separately)**

4-3/8" x 2-1/2" Lag Screws

## **Masonry Wall Mount**

Electric Masonry Hammer Drill  
3/8" Masonry Drill Bit – For Drilling Pilot Holes  
9/16" Open or Closed End Wrench

## **Masonry Wall Mounting Kit (Sold Separately)**

4-3/8" x 3" Masonry Anchors  
4-Masonry Anchor Sleeves

## **STEP 1**

Inspect contents using packing slip and determine what type of wall you will be installing into. Also determine that you have the correct tools and supplies for installing the Speed Bag Platform.

## **STEP 2**

Attach the Pro Style Speed Bag Swivel (B) with the four (4) Wood Screws (D) to the face of the Striking Board (C) into the pre-drill holes. On a wood stud wall locate the studs in the area that you will be installing the platform. In common construction there are studs located 16" on center. Once the studs are located attach the Support Brackets (A) to the top of the Striking Board (C) with the four (4) Carriage Bolts, Lock Washers and Hex Nuts (E).

### **STEP 3**

With assistance, hold the platform against the wall to determine the desired height in which to install the platform. With a pencil make a locating mark in the mounting holes in the Support Brackets. The ideal height for the platform is to have the Striking Board (C) be approximately top of the head height when attached so the speed bag hangs at eye level. Use a carpenter's level to help assure the platform marks are level. Make certain that the location marks on the wall are directly over the wood studs on a wood stud wall mount. It is highly recommended to first mount two horizontal wooden brace boards on the top and bottom – aligning with the four mounting holes -- into existing wood studs before attaching the platform on a wood stud wall. This provides greater stability and security on wood stud wall mounts.

### **STEP 4**

Drill the necessary pilot holes and attach the Support Brackets directly to the wall using Lag Screws in a wood stud wall and masonry anchors on a masonry wall mount. Lag Screws must be mounted into wood studs on a wood stud wall mount.

### **STEP 5**

Once the Platform is securely mounted into the wall, attach your speed bag onto the Pro Style Swivel (B). Be sure that all connections and assembly of the platform are fastened securely before using.

**WARNING:** It is advised to consult a physician before beginning any exercise program. The 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 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.