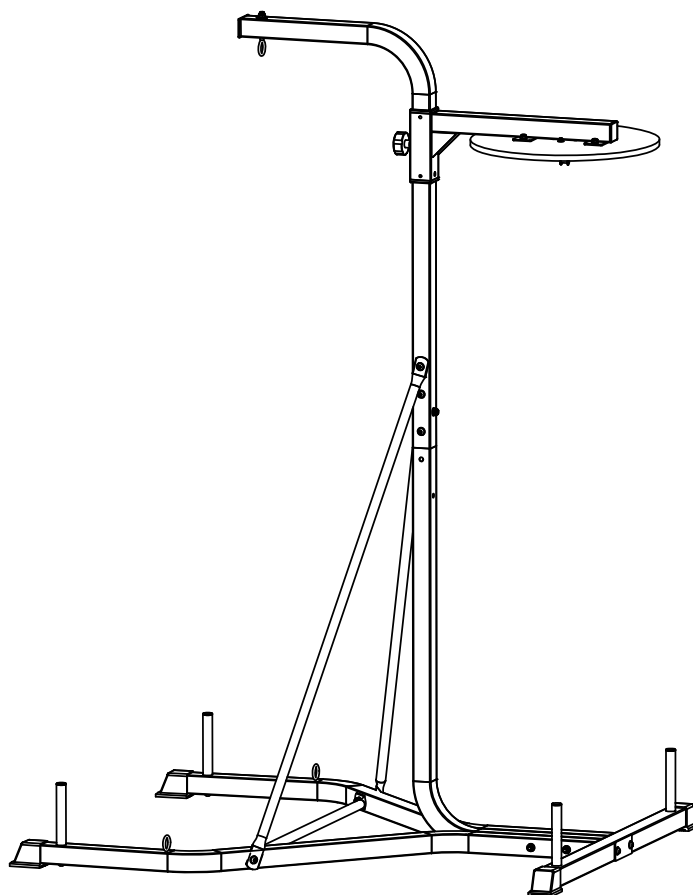


# HEAVY BAG & SPEED BAG STAND

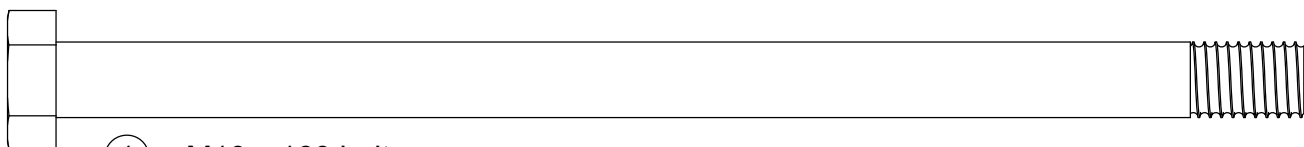


**Owner's Manual**

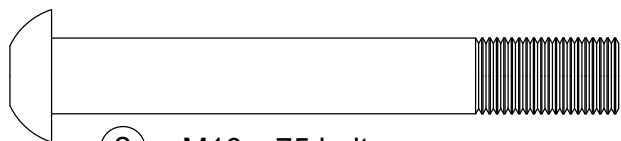
# PARTS LIST

## Hardware Package

No.	Description	Q'ty
1	M10 x 160 bolt	2
2	M10 x 75 bolt	3
3	M10 x 65 bolt	5
4	M10 x 20 bolt	4
5	M8 x 35 bolt	4
6	M5 x 25 bolt	4
7	M10 nut	9
8	M8 nut	4
9	M5 nut	4
10	∅ 10 bigger washer	1
11	∅ 10 washer	22
12	∅ 8 washer	8
13	∅ 5 washer	4



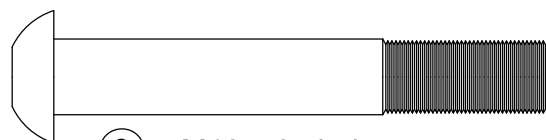
① M10 x 160 bolt



② M10 x 75 bolt



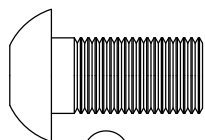
⑤ M8 x 35 bolt



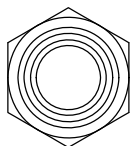
③ M10 x 65 bolt



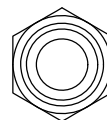
⑥ M5 x 25 bolt



④ M10 x 20 bolt



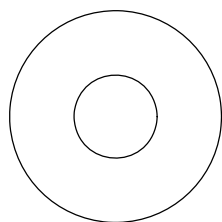
⑦ M10 nut



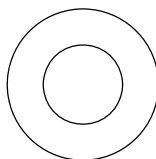
⑧ M8 nut



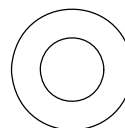
⑨ M5 nut



⑩ ∅ 10 bigger washer



⑪ ∅ 10 washer



⑫ ∅ 8 washer



⑬ ∅ 5 washer

# PARTS LIST

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- **Attached to the frames**

No.	Description	Q'ty
14	50 tube end plugs	1
15	50 foot cover end caps	4
16	∅ 25 tube plugs	4
17	5060 tube bushings	2
18	M16 lock knob	1

- **Packed in the box**

19	Vertical Base Support	1
20	Left Base Support	1
21	Right Base Support	1
22	Rear Base Support	1
23	Heavy Bag Support	1
24	Round Board Support	1
25	Base Cross Bar	1
26	Left Slanting Support	1
27	Right Slanting Support	1
28	Weight Plate Storage Bar	4
29	Heavy Bag Hanging Hook	1
30	Bracket	1
31	Round Board	1
32	Swivel	1

# ASSEMBLY INSTRUCTION

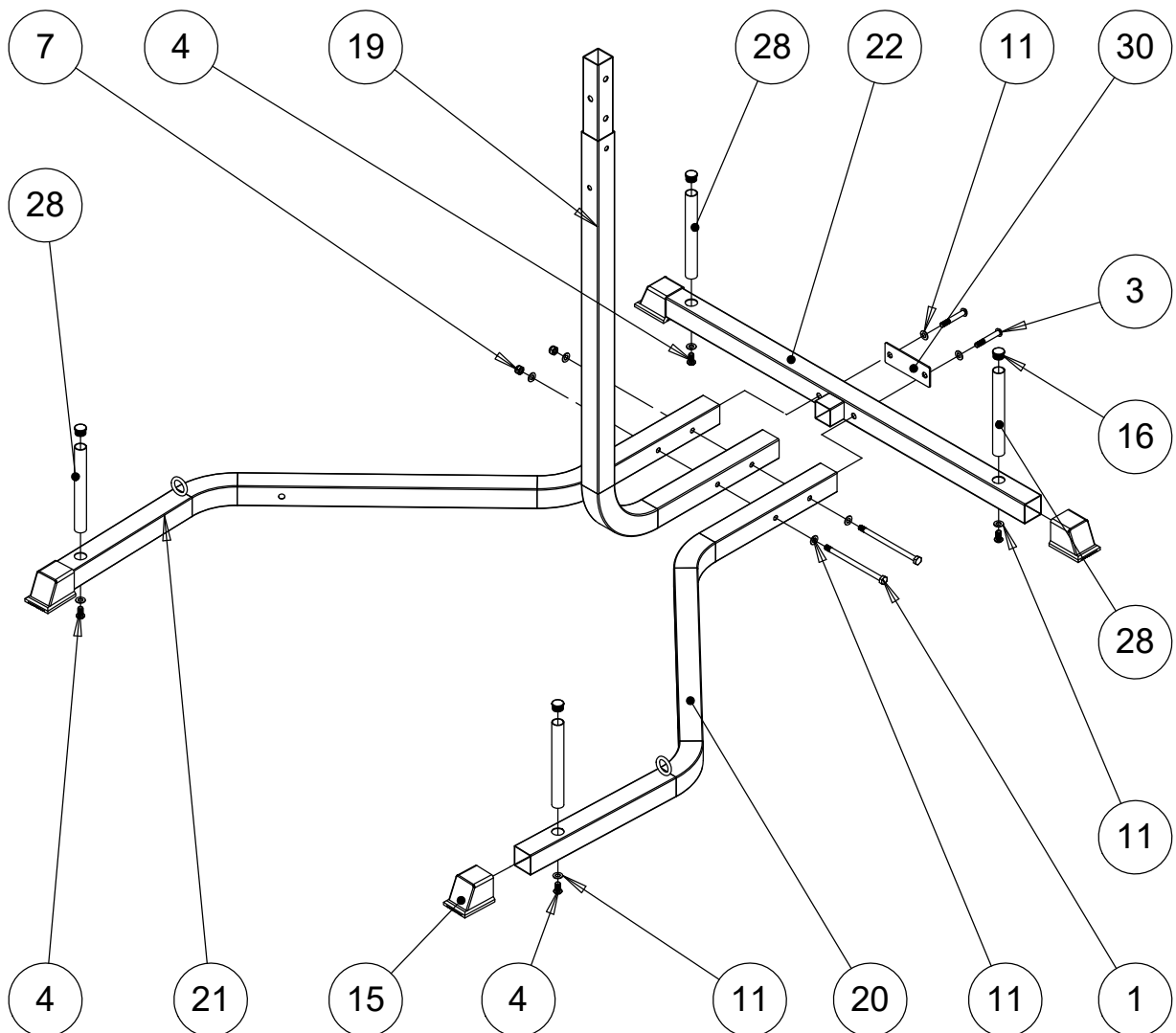
Tools Required to Assemble the Stand: Two Adjustable Wrenches

**Note:** It is strongly recommended that two or more people assemble this stand to help avoid possible injury.

## STEP 1 (See Diagram 1)

- Insert Weight Plate Holder Bar (#28) to the hole on the side of Left and Right Base Support (#20 & #21), Secure them with two M10X20 Bolt (#4) and two  $\phi$  10 Washer (#11). (The same process to Install two Weight Plate Bar (#28) on the Rear Base Support (#22)).
- Attach the Tube in the Mid of the Rear Base Support (#22) to the Lower side of the Vertical Base Support (#19), Attach the Left & Right Base Support (#20 & #21) to the Vertical Base Support, Align the Hole, Secure with two M10X160 Bolt (#1) and four  $\phi$  10 Washer (#11) and two M10 Nut (#7). Don't Tighten yet.
- Align the hole on the Rear Base Support (#22) and the side of Left and Right Base Support (#20 & #21), Secure with two M10x65 Bolt (#3), two  $\phi$  10 Washer (#11) and one Bracket (#30).

DIAGRAM 1

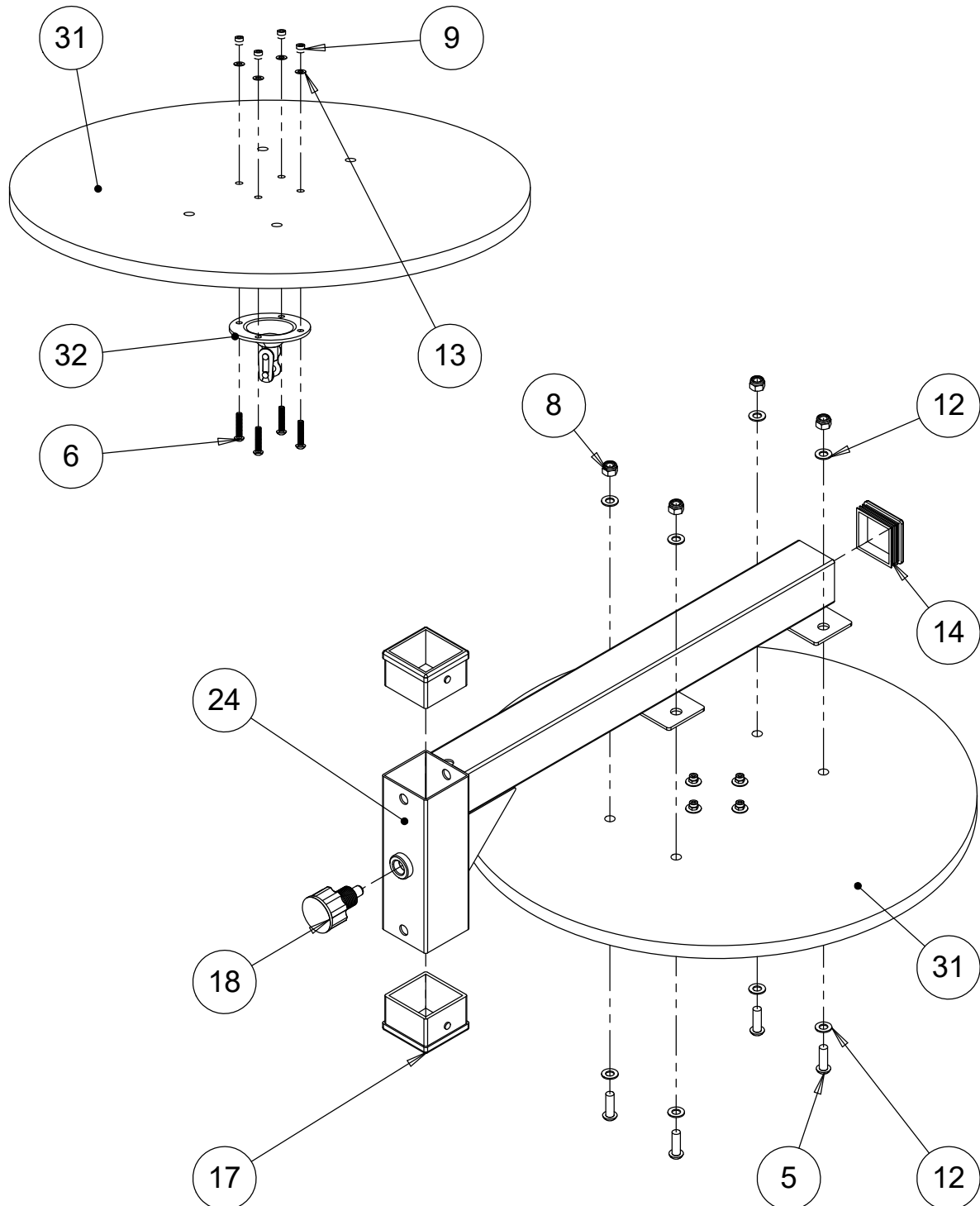


# ASSEMBLY INSTRUCTION

## STEP 2 (See Diagram 2)

- Attach the Swivel (#32) to the Round Speed Bag Board (#31) with four M5 x 25 Bolts (#6), four  $\varnothing 5$  Washers (#13) and four M5 Nuts (#9).
- Attach the Round Speed Bag Board (#31) to the Round Speed Bag Board Support (#24), Align the holes, Secure with four M8 x 35 Bolts (#5), eight  $\varnothing 8$  Washers (#12) and four M8 Nuts (#8).

DIAGRAM 2

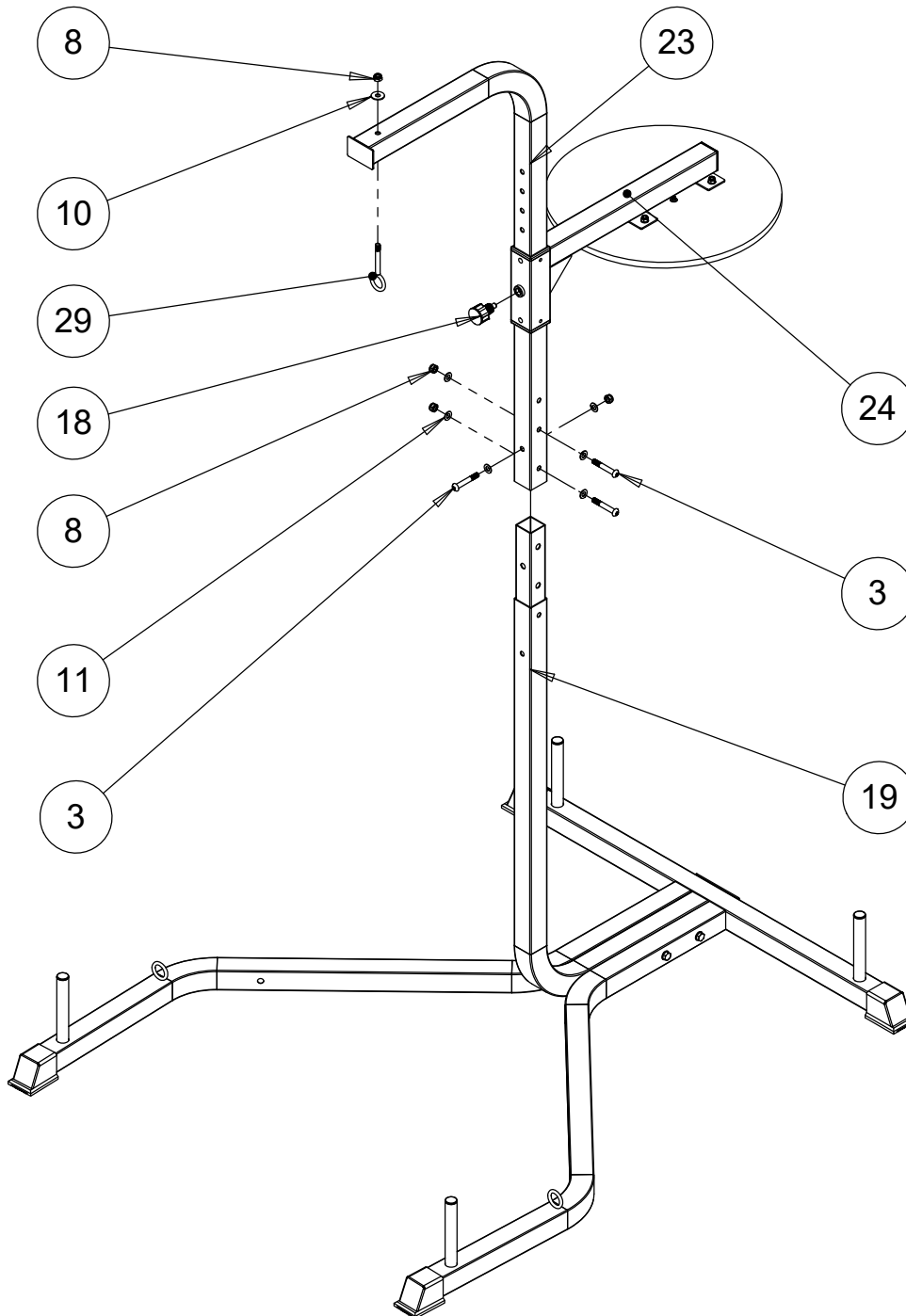


# ASSEMBLY INSTRUCTION

## STEP 3 (See Diagram 3)

- Slide the Round Speed Bag Board Support Tube (#24) from the low side of the Heavy Bag Support (#23), Lock it with the Lock Knob (#18), Attach the Heavy Bag Support (#23) to the upper side of the Vertical Base Support (#19), Align the holes and secure with three M10X65 Bolts (#3), six  $\varnothing$  10 Washers (#11) and three M10 Nuts (#8).
- Lock the Heavy Bag Hanging Hook (#29) to the Heavy Bag Support (#23) with one  $\varnothing$  10 Bigger Washer (#10) and one M10 Nut (#8).

DIAGRAM 3

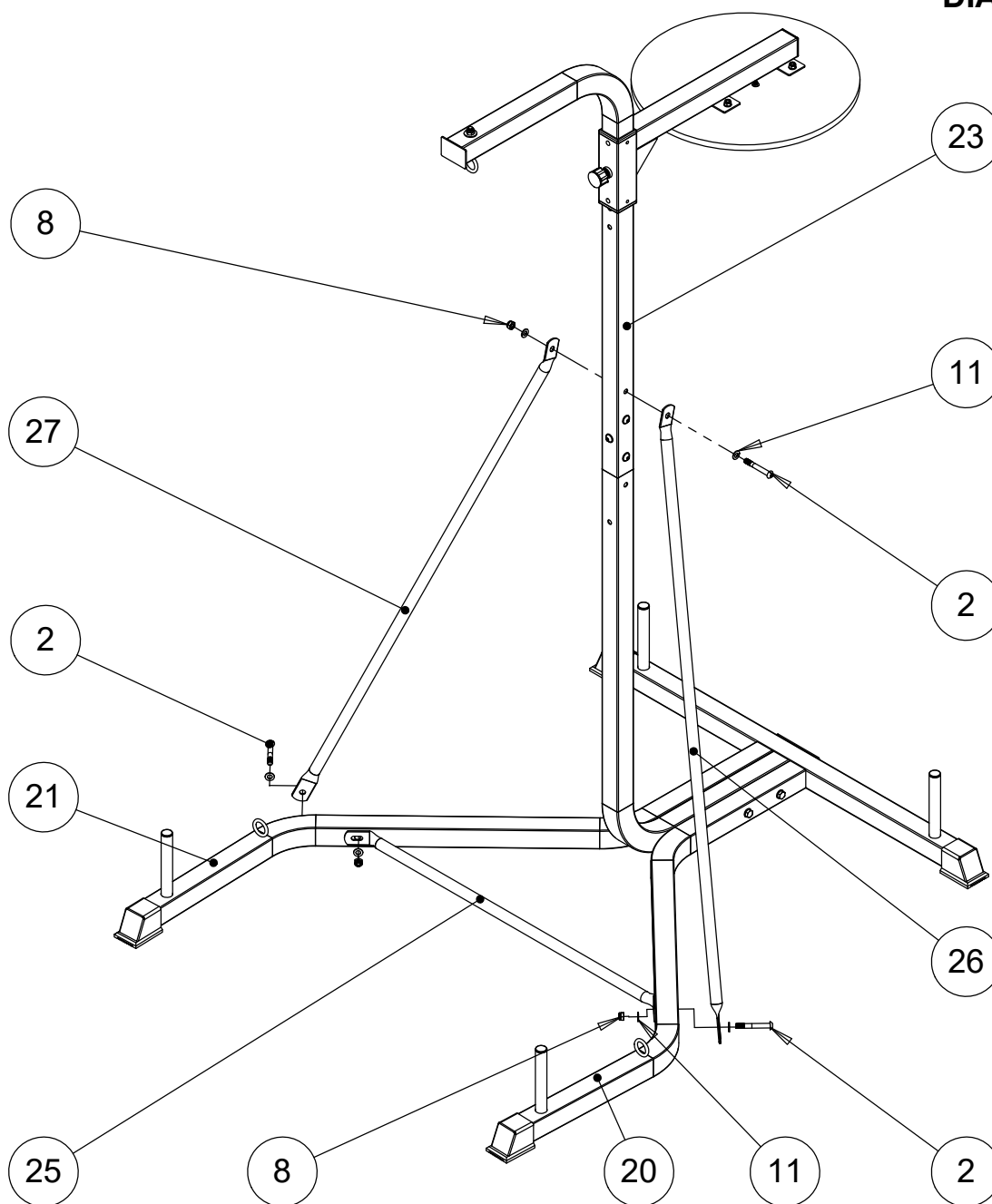


# ASSEMBLY INSTRUCTION

## STEP 4 (See Diagram 4)

- Attach the Base Cross Bar (#25) to the center of the Left and Right Base Supports (#20 and #21), Attach the lower side of the Left and Right Slanting Supports (#26 and #27) to the Left and Right Base Supports (#20 and #21), Align the holes, Secure them with M10X75 Bolts (#2), two  $\phi$  10 Washers (#11) and one M10 Nut (#8). Do not tighten the bolts yet after this step.
- Attach the upside of the Left and Right Slanting Supports (#26 and #27) to the Heavy Bag Support (#23), Align the hole, Secure with one M10X75 Bolt (#2), two  $\phi$  10 Washers (#11) and one M10 Nut (#8). Tighten all the bolts now.

DIAGRAM 4



# SAFETY & PRECAUTIONS

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**This exercise training stand is manufactured for optimal safety. However, certain precautions apply when training on any exercise equipment. Be sure to read the entire manual before assembling or operating the training bag stand. Adhere to and note all the following safety precautions every time you train on the stand.**

1. Keep children and pets away from the machine at all times. Do not leave children unattended in the same room with the machine.
2. Only one person at a time should use the stand.
3. If you experience dizziness, nausea, chest pains or any abnormal symptoms, stop the workout at once and consult a physician immediately.
4. Position the training stand indoors on a clear, level surface.
5. Keep hands and feet away from all moving parts.
6. Always wear appropriate workout clothing and athletic shoes when training.
7. Use the stand only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
8. Before using the stand to exercise, always do stretching exercises to properly warm up.
9. It is recommended that you always use hand wraps and well-padded bag gloves every time you train with a heavy bag, double end bag, speed bag and / or train on this stand.

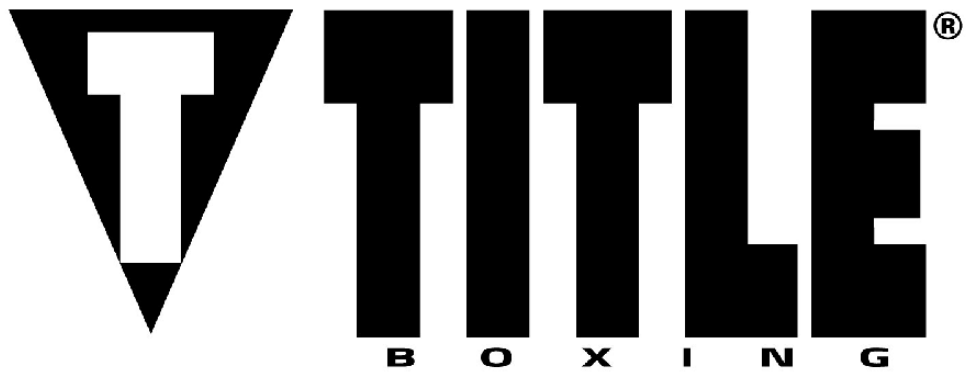
## **CARE AND MAINTENANCE**

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent.

**WARNING:** Use of any sports equipment subjects the user to a degree of risk. The user, therefore, must assume full responsibility for all risk of injuries. Make certain that the equipment is in excellent condition and properly secured before each usage.

**NOTE:** It is recommended that you consult a physician before beginning any exercise program.





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