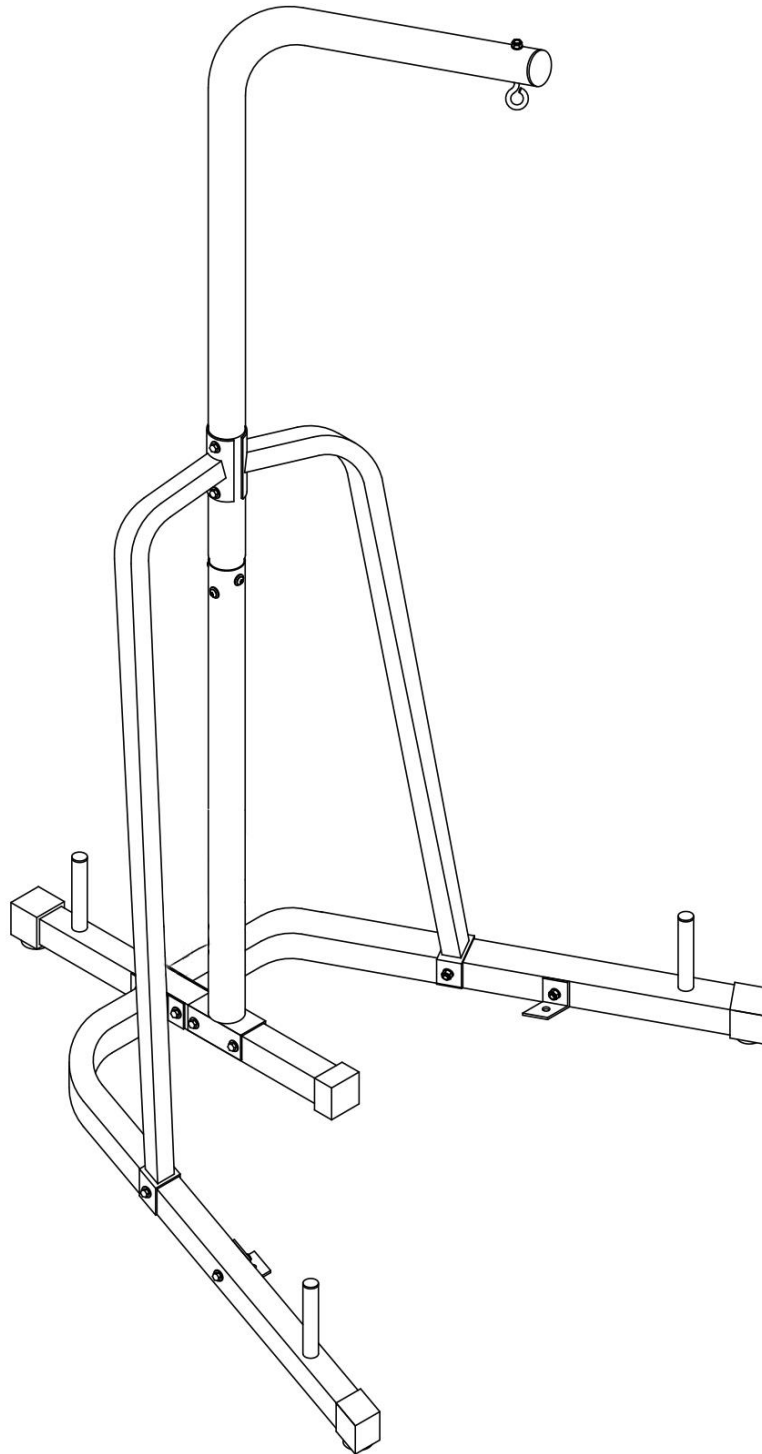


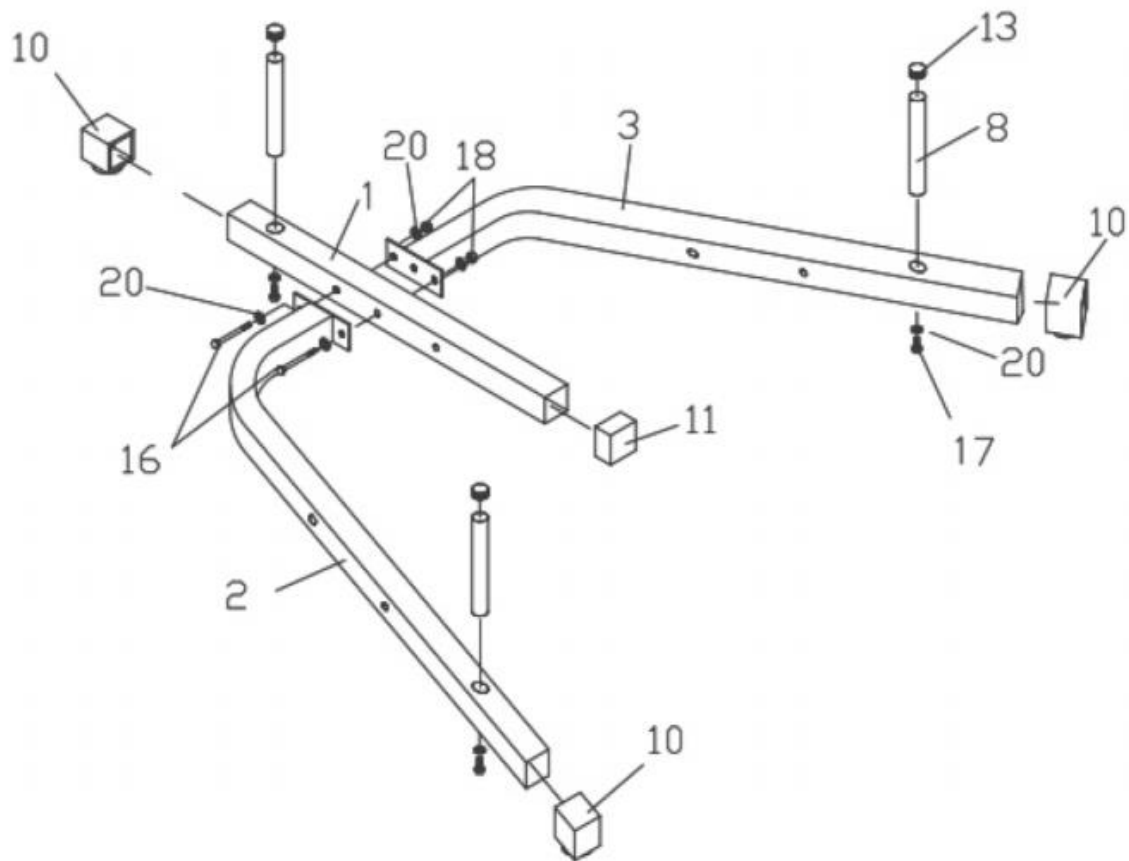
HIT00591

HIT BOXING PUNCH BAG HOLDER



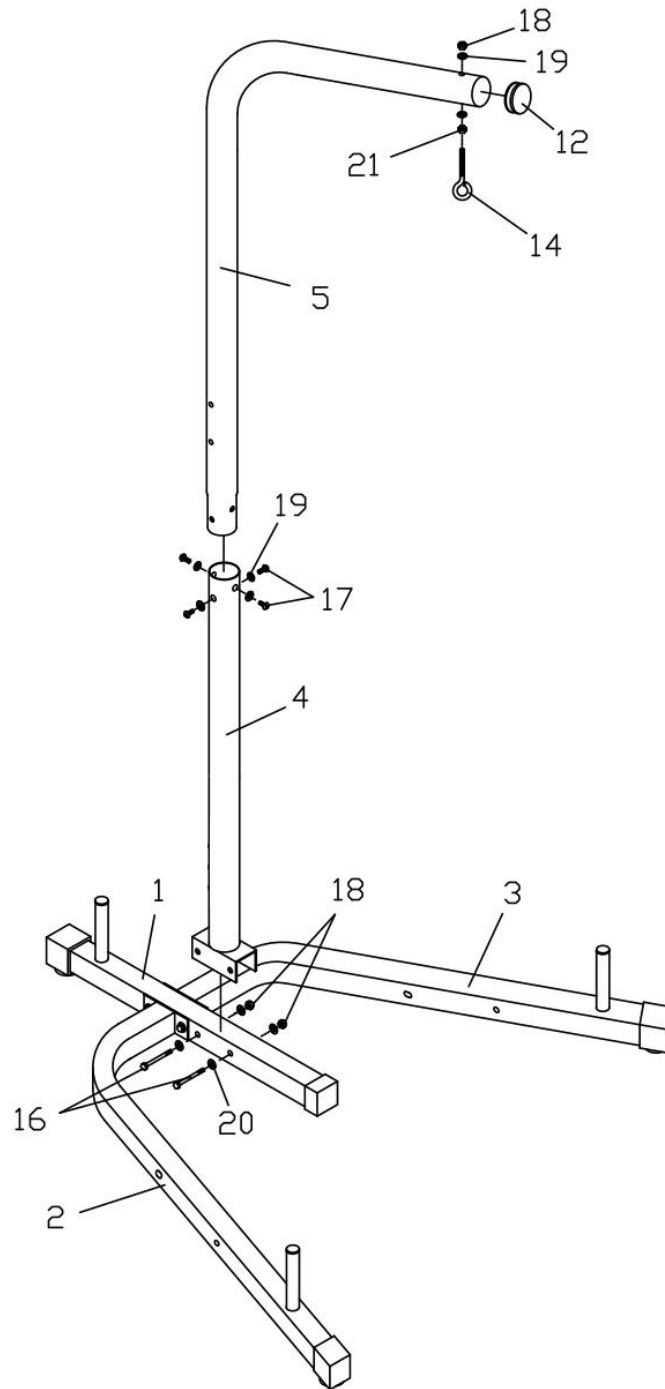
OWNER'S MANUAL

PART LIST		
PART NO:	DESCRIPTION	Q'TY
1	BASE CONNECT TUBE	1
2	LEFT BASE	1
3	RIGHT BASE	1
4	VERTICAL BEAM	1
5	TOP CROSS BEAM	1
6	LEFT BRACE FRAME	1
7	RIGHT BRACE FRAME	1
8	STORAGE POST	3
9	STEEL PLATE	2
10	RUBBER END CAP	3
11	RUBBER CAP	1
12	60MM ROUND END CAP	1
13	25MM ROUND END CAP	3
14	HOOK	1
15	M10*80MM HEX BOLT	2
16	M10*70MM HEX BOLT	8
17	M10*20MM HEX BOLT	7
18	M10 NYLON NUT	11
19	M10 ARC WASHER	10
20	M10 WASHER	19
21	M10 NUT	1



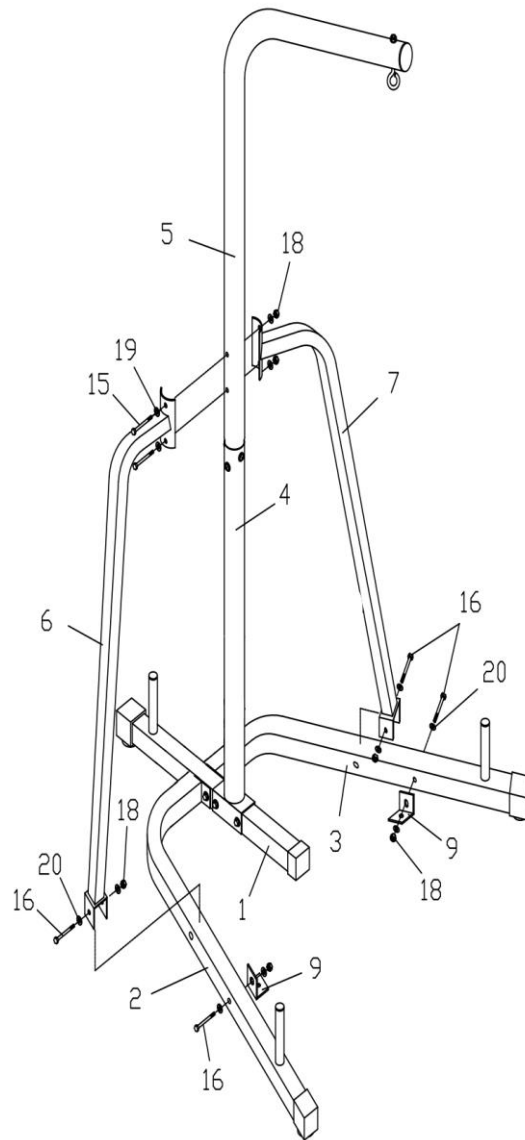
STEP 1

1. ATTACH STORAGE POST (8) INTO THE HOLES ON THE BASE (1,2,3), SECURED WITH BOLT (17), AND WASHER (20)AS SHOWN.
2. PLACE RUBBER END CAP (10) AND RUBBER CAP (11) ONTO THE BASE (1,2,3). ATTACH LEFT BASE (2) AND RIGHT BASE (3) ONTO BASE CONNECT TUBE (1), SECURED WITH BOLT (16), WASHER (20), AND NYLON NUT (18).
3. PLACE 25MM ROUND END CAP (13) ONTO STORAGE POST (8)



STEP 2

1. ATTACH VERTICAL BEAM (4) ONTO THE BASE CONNECT TUBE (1), SECURED WITH BOLT (16), WASHER (20), AND NYLON NUT (18), AS SHOWN.
2. INSERT TOP CROSS BEAM (5) INTO VERTICAL BEAM (4), SECURED WITH BOLT (17) AND ARC WASHER (19), AS SHOWN.
3. PLACE HOOK (14) INTO TOP CROSS BEAM (5), SECURED WITH NUT (21), ARC WASHER (19), AND NYLON NUT (18), AS SHOWN.
4. PLACE 60MM ROUND END CAP (12) ONTO TOP CROSS BEAM (5).



STEP 3

1. ATTACH LEFT BRACE FRAME (6) AND RIGHT BRACE FRAME (7) ONTO VERTICAL BEAM (4), SECURED WITH BOLT (15), ARC WASHER (19), AND NYLON NUT (18), AS SHOWN.
2. INSERT THE OTHER END OF LEFT BRACE FRAME (6) AND RIGHT BRACE FRAME (7) ONTO THE LEFT BASE (2) AND RIGHT BASE (3), SECURED WITH BOLT (16), WASHER (20), AND NYLON NUT (18), AS SHOWN.
3. ATTACH STEEL PLATE (9) ONTO THE LEFT BASE (2) AND RIGHT BASE (3), SECURED WITH BOLT (16), WASHER (20) AND NYLON NUT (18), AS SHOWN.

NOTE: PLEASE FASTEN ALL BOLTS BEFORE USING THE HEAVY BAG SUPPORT!

INFORMATION: FOR AN OPTIMUM STABILITY, ADD WEIGHT TO EACH OF THE POSTS OR SECURE THE STEEL PLATE (9) TO THE GROUND.