

Medicine Ball Wall Holder

Thank you very much for choosing a Sport-Thieme product!

Please read these instructions fully before you set up the equipment, so you can enjoy the product and safety is guaranteed. Please retain these instructions. Should you have any questions or requests, we are happy to help.



This medicine ball wall holder is suitable for storing one medicine ball or slam ball with a diameter of 18–35 cm.

Installation

Tools required: (Hammer) drill, drill bit Ø 12 mm, measuring tape, spirit level, pencil, SW17 hex key

People required: 1

Time required: 5 – 10 mins

Level of difficulty: easy

Please note: Before installing the wall holder, please check the wall you wish to attach it to. It should be a solid, load-bearing wall (solid brick, sand-lime brick, reinforced concrete or wooden beam). Ensure you use fixings suitable for your wall type.

Maximum load of the fixings: The fixings should be able to withstand a load of at least 500 N.

Maximum weight: 50 kg

Use: This product is only to be used for its intended purpose. It is suitable for storing one medicine ball or slam ball with a diameter of 18–35 cm.

Dimensions: 20 x 15 x 30 cm

List of parts:

No.	Quantity	Description
1	1	Wall holder
2	2	Wall plug (12x70)
3	2	Hexagon bolt (10x70)
4	2	Washer (10.5)
5	2	Protective cover for hexagon bolt
6	1	'Do not hang from hoop' warning sticker
7	1	'150 kg' maximum weight warning sticker

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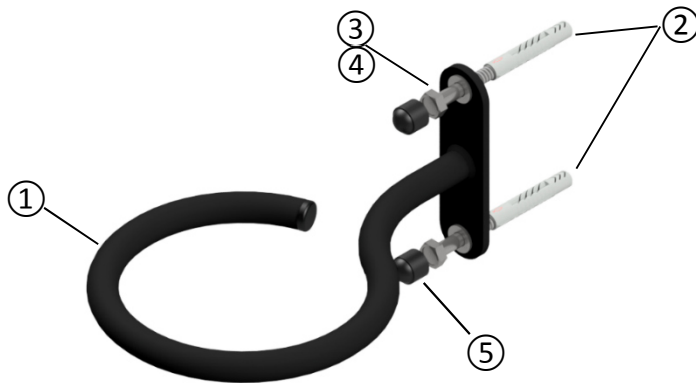


Illustration 2: Wall holder with fixings

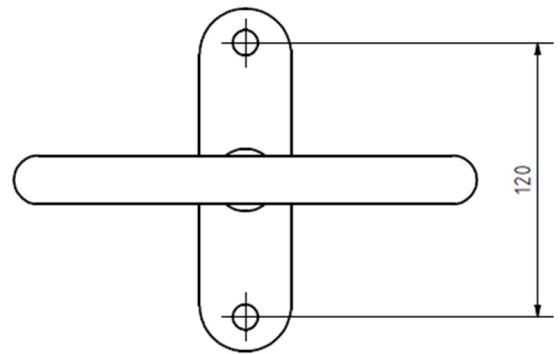


Illustration 1: Hole distance

Installation step 1

The medicine ball wall holder ① comes ready to install. Using the distance between the holes from illustration 1, drill two holes with \varnothing 12 mm in the wall. While doing this, ensure the holes are positioned in a vertical line. This will mean the holder sits horizontally and that the ball can be stored securely. Then, lean the holes, insert the wall plugs supplied ② and screw the wall holder to the wall using the bolts ③ and washers ④ provided. Finally place the protective covers ⑤ over the heads of the bolts. As the wall holder can be installed so that the opening points to the left or the right, the warning stickers have not been applied yet. Place them (see 'Warning stickers' paragraph) either on the wall holder's fixing plate, or on the wall in the immediate vicinity of the product, so that they are clearly visible.

Maintenance advice / additional information

Guide for regular inspection and maintenance:

- Perform a visual check at regular intervals.
- Regularly check that the fixings are firmly seated.
- Check the equipment for any damage and replace parts if required.
- Clean the equipment with a damp cloth if required.

Please note:



- Modification and misuse of any kind impact safety and void the guarantee!
- As a result of the continuous quality checks we carry out on our products, technical differences may occur that result in slight inconsistencies between the instructions and the product itself.

Warning stickers / notes



No climbing! Do not hang from the hoop!



The maximum weight is **50 kg**.

Ensure that the medicine or slam balls are not thrown or allowed to fall onto the holder as this exerts a considerably higher load on the equipment, which can lead to the product being damaged.

Suitable for: Dry rooms / indoors

Should you have any questions, we are happy to help!
Your Sport-Thieme team