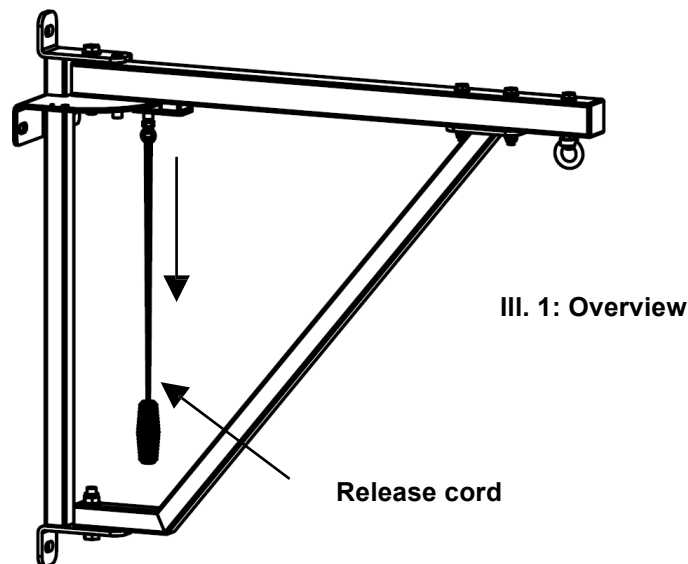


Prod. code: 11 150 1911

## **Instruction manual for 'Pro' punch bag wall bracket**

Thank you very much for choosing a **Sport-Thieme** product. Please read the instructions fully before you assemble the equipment so you can enjoy the product and its guaranteed safety:



### **Included:**

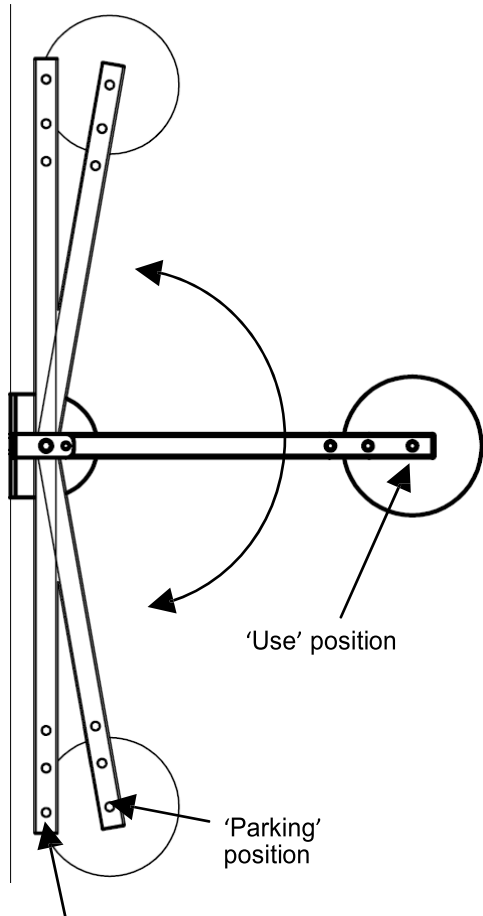
<u>Pos.</u>	<u>Description</u>
1	1 x wall element, complete
2	1 x boom
3	1 x diagonal strut, with bend
4	2 x hex screw M12 x 85, with 4 washers and locking nuts
5	1 x hex screw M16 x 110, with 2 washers and locking nut
6	1 x hex screw M16 x 80, with 2 washers and locking nut
7	2 x washer $\varnothing a = 50$ mm
8	1 x snap hook

### **1 General**

The 'Pro' punch bag wall bracket is manufactured in a professional design. It is constructed in such way that it can be folded to the wall in both directions, therefore saving space. It is operated using a spring detent pin and a release cord (see ill. 1). Pull the cord to release the boom and to fold it in or out.

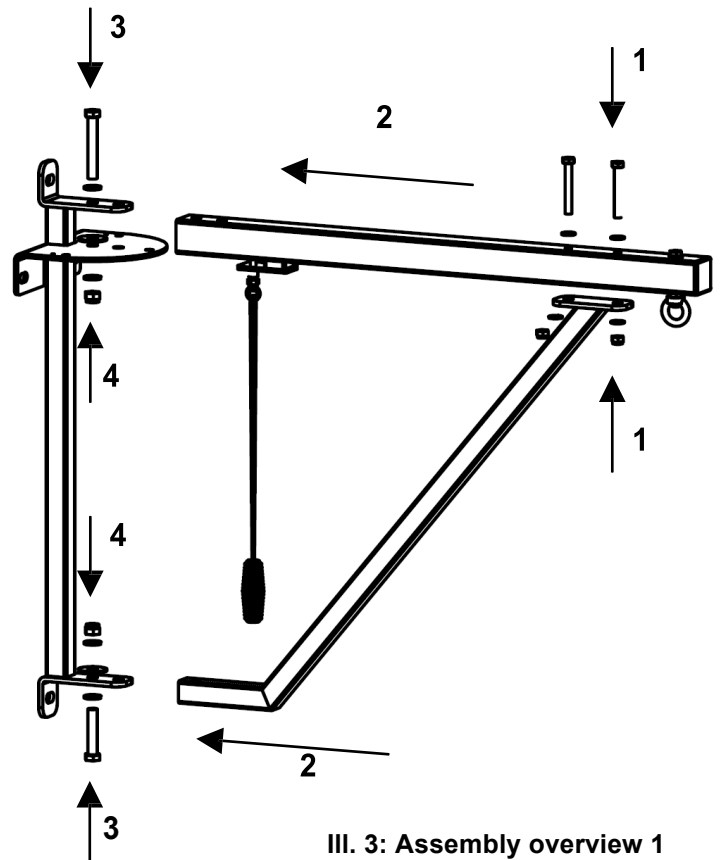
Prod. code: 11 150 1911

The boom can lock in 5 positions (see ill. 2). Four positions are 'parking' positions (2 with and 2 without punch bag) and one is the 'use' position. The 'Pro' punch bag wall bracket is intended for punch bags up to 60 kg.

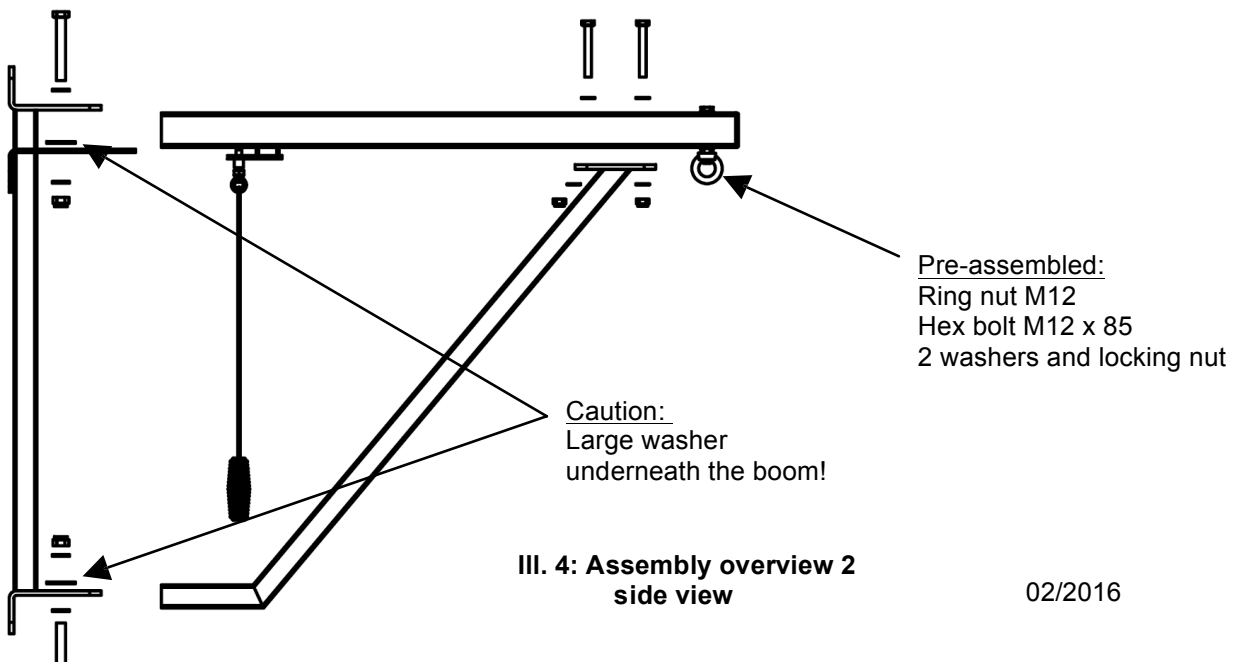


'Parking' position without punch bag

III. 2: Locked positions plan view



III. 3: Assembly overview 1 perspective view



III. 4: Assembly overview 2 side view

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## 2 **Assembly instructions**

The punch bag wall bracket consists of three pre-assembled parts: the wall element, the boom with pre-mounted eyelet and the diagonal strut.

An expert should check the load-bearing capacity of the wall or pillar to which you want to attach the punch bag bracket.

Now, please select suitable wall plugs or screws for the reach of approx. 1.00 m. The load-bearing capacity of one mounting element must be at least 1.00 kN.

After selecting suitable wall plugs or screws, drill respective holes into the substructure. Fix the wall element to the wall.

Now fix the diagonal strut with bend using the hex bolts M12 x 85, locking nuts and washers.

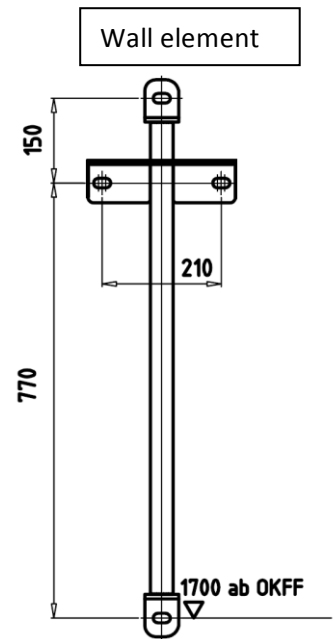
After that, the boom is fixed to the wall element at the top using hex bolt M16 x 110, locking nut and washer and at the bottom using hex bolt M16 x 80, locking nut and washer (see ill. 3).

The order is shown in ill. 3 and ill. 4.

Ensure that there is a large washer between the upper boom and the semi-circular wall element's plate as well as between the diagonal strut and the bottom angle plate.

Ensure the boom is easily moveable when folding in. If required, loosen the nuts M16 slightly.

Lock the boom in the desired position. The punch bag wall bracket can now be used.



**III. 5: Drilling dimensions**

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**Caution: Do not overload or climb the equipment!**



### **Maintenance and care instructions**

**Instructions:**

Carry out a visual check at regular intervals. Due to our continuous quality control of the products, technical changes may occur which may lead to slight deviations in the instructions. Check at regular intervals that the screw connections are tight. Check the equipment for possible damage and replace worn-out parts. Ensure that moveable parts are free-moving. In particular, check the hanging eyelet and the snap hook for the punch bag.

We are happy to answer any questions you may have.

Your **Sport-Thieme** Team