

Instruction manual for punch bag wall bracket. **non-swivelling**

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:

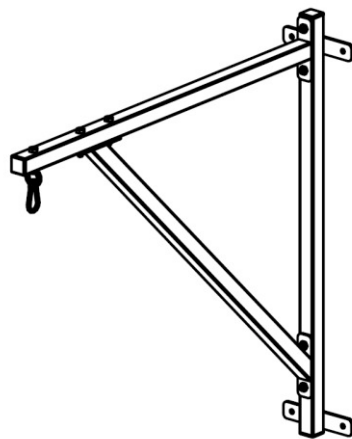


Illustration 1

Included:

| <u>Pos.</u> | <u>Description</u> | |
|-------------|-----------------------------------|----------|
| 1 | 1x wall rail with mounting plates | |
| 2 | 1x horizontal arm | |
| 3 | 1x diagonal strut | |
| 4 | 6x hexagon bolt | M10 x 60 |
| 5 | 1x countersunk screw | M10 x 55 |
| 6 | 6x hexagonal locking nut | M10 |
| 7 | 1x ring nut | M10 |
| 8 | 1x snap hook | 80 x 8 |

1 Assembly instructions

- 1.1 Put the individual parts together as shown in ill. 2.
- 1.2 Now, screw all components together. Mind the direction in which the screws are inserted.
The 55-mm-long hex screw is intended for the ring nut.
- 1.3 An expert should check the load-bearing capacity of the wall or pillar to which you want to attach the punch bag bracket.
- 1.4 Please choose suitable wall plugs and screws for mounting.

- 1.5 The load-bearing capacity of one mounting element must be at least 1.00 kN.
- 1.6 Drill mounting holes into your load-bearing understructure (see ill. 3) and attach the punch bag wall bracket.
- 1.7 The maximum screw size for anchoring is M12.

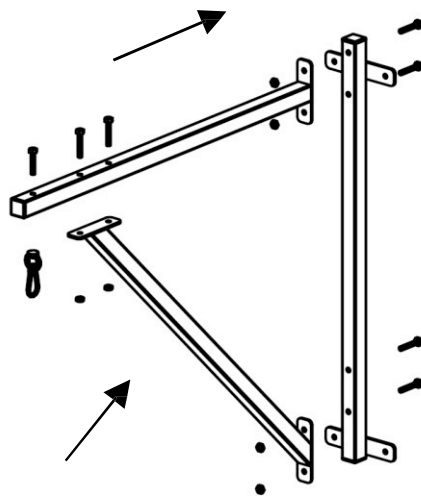


Illustration 2

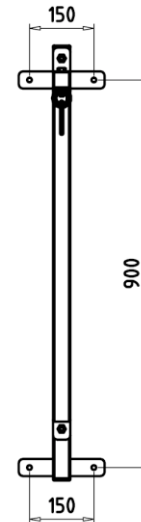


Illustration 3

Caution: Do not overload or climb the equipment!



Instructions:

Maintenance and care 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. In particular, check the snap hook. Ensure that moveable parts are free-moving.

We are happy to answer any questions you may have.

Your **Sport-Thieme** Team