1. Be sure to carefully follow all of the instructions contained herein.
2. Make sure that you securely fasten the platform to the wall and re-check before each use.
3. Be sure to install this platform in an unobstructed area and so people will not get hurt walking by or into the drum.
4. Use of any sports or exercise equipment subjects the user to degree of risk. Users of this product must assume all risk of injury.
5. Don’t use this platform if any part becomes worn, fatigued or defective. Check the platform carefully before each use.

A. 4 5/16”x1” Carriage Bolts and Hex Nuts
B. 4 1/4”x2” Carriage Bolts, Lock Washers and Hex Nuts
C. 4 #10x3/4” Flat-Head Sheet Metal Screws
D. 2 Steel Angle Mounting Brackets
E. 1 Swivel Assembly
F. 1 Drum for Platform
G. 2 Tubular Steel Support Brackets
H. 1 Wrench (For 1/4” & 5/16” Hex Nuts)
I. 1 Speed Bag

WARNING: It’s important to follow and adhere to all the instructions and guidelines herein to help avoid any injuries.
1. DETERMINE THE CORRECT LOCATION FOR THE PLATFORM:

A. Locate the Platform at least three feet (3’) away from any door or other obstruction.
B. This Platform has been specially designed to fasten to 16” on center wood wall studs.
C. For installation in wood stud walls mount the platform to 16” on center studs using 1/4” x 1-3/4” Lag Bolts.
D. If installing in a masonry wall surface, you will need four masonry anchors and bolts. If installing onto a wood stud wall it is recommended to first mount two wooden brace boards either vertically or horizontally -- aligning with the mounting holes -- into existing wood studs before attaching the platform. This provides greater stability and security on wood stud wall mounts.
E. Locate the wood wall studs in your wall. Place one (1) of the steel angle Mounting Brackets (D) on a wood wall stud so that the bottom of the Mounting Bracket is set equal to the average head height of the intended user(s) of the Platform.
F. Note: Mounting Brackets should have the “slotted” sides facing each other.
G. Use a Carpenter’s Level to be sure the Mounting Bracket is level. Next, pencil a circle inside the holes of the Mounting Bracket.
H. Use a pick or small nail to create a “starter” hole in the middle of each circle. Use ¼” x 1-3/4” Lag Bolts to securely fasten to the wood wall stud.
I. Repeat with the second Mounting Bracket with the holes 16” on center to match your 16” on center wood wall studs. Make sure both Mounting Brackets are exactly the same height off the floor and parallel to each other. Note: Slotted sides of Mounting Brackets must be facing each other.
J. Make sure the Mounting Brackets are secured into the wood wall studs or the correct masonry anchors and mounting bolts are used.

2. ASSEMBLE THE PLATFORM

A. Find the Drum (F) and use the four (4) Flat-Head Screws (C) to securely fasten the Swivel into the pre-drilled holes in the drum.
B. Insert the four (4) 1/4” “x 2” Carriage Bolts (B) into the holes on the Swivel side of the Drum.
C. Set the tubular steel Support Brackets (G) onto the Carriage Bolts (B) at the top side of the Drum. Next, attach the Lock Washers and Hex Nuts onto the Bolts by hand. Do not tighten.
D. Hit the heads of the Bolts carefully so that they are “seated” and flush with the face of the Drum. Next, securely fasten the Hex Nuts with Wrench (H) that is supplied.
3. MOUNTING THE PLATFORM ON THE WALL:

A. Attach the platform drum assembly (with Swivel and Support Brackets) to the Mounting Brackets already secured to the wall.

B. Insert 5/16” x 1” Carriage Bolts (A) into the “slot” of the Mounting Bracket and through the holes in the Support Bracket. Note: Support Bracket must be “inside” the Mounting Brackets. Be sure that the “shoulder” of the Carriage Bolt fits squarely into the “slots” of the Mounting Brackets.

C. Secure the Speed Bag on the Swivel. The bottom of the Speed Bag should be approximately level with the athlete’s chin. If necessary, use the wrench (H) to release the Hex Nuts on the Support Brackets from the Mounting Brackets and adjust up or down to suit the user’s height.

Be sure that all connections and assembly of platform are fastened securely before using.

WARNING: It is advised to consult a physician before beginning any exercise program. The Speed Bag Platform is manufactured to be used with an air-filled speed striking bag. Follow all instructions carefully. Improper use and/or installation could result in injury. Be sure to check all connections and assembly of the platform, including the swivel and speed bag for any wear and tear, before every use. It is recommended to wear hand wraps and well-padded bag gloves whenever training on the speed bag.
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