

Wall Mount for Punching Bag - User Manual

The wall mount for a punching bag is a sturdy bracket designed for installing punching bags, speed bags, and reflex balls. Thanks to its 102 cm distance from the wall, it provides a comfortable range of motion during training.

Assembly Instructions:

Preparation:

1. Choose a solid wall capable of withstanding up to 150 kg of load.
2. Ensure no electrical, water, or gas installations are running through the chosen area.

Installation:

1. Place the bracket against the wall at the desired height.
 2. Mark the positions for the mounting holes.
 3. Drill holes of the appropriate depth and diameter for the provided wall plugs.
 4. Insert the plugs into the holes.
 5. Secure the bracket to the wall by tightening the screws.
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Safety Guidelines:

Before Use:

1. Read and understand the user manual thoroughly.
2. Consult a doctor to identify any potential contraindications for using this equipment, particularly if you have pre-existing health issues.
3. Ensure the bracket is properly installed and stable.

During Use:

1. Always perform a warm-up before training to prepare your body and reduce the risk of injury.
2. Train in appropriate footwear and sportswear.
3. Maintain at least 0.6 meters of free space around the equipment for safe access and movement.

After Use:

1. Inspect the equipment for any wear or damage.
2. Tighten screws and check the mount's stability if necessary.

Maintenance:

1. Clean the bracket with a soft, damp cloth.
2. Avoid using harsh chemicals that may damage the surface.
3. Protect the equipment from moisture and corrosion.

Warning:

The manufacturer is not responsible for damage caused by improper use or failure to follow the instructions.

Additional Notes:

1. This product is intended for home use only.
2. Children may use the equipment only under adult supervision.
3. If any damage or issues are found, stop using the equipment and contact the manufacturer.

Precautions:

1. Always warm up before starting a workout to avoid injuries.
2. Consult your doctor regarding health contraindications, especially if you have heart disease, blood pressure problems, or cholesterol issues.
3. Place the equipment on a flat and stable surface.
4. If the equipment produces unusual noises or squeaks, stop using it immediately.
5. Ensure children cannot access the equipment unsupervised.
6. Maintain at least 0.6 meters of clear space around the equipment for safety.
7. Inspect the equipment's condition regularly, tighten screws, and check for wear and tear.
8. Use the equipment only when it is in proper working condition.
9. This product is for adults only; children can use it under adult supervision and responsibility.
10. Do not insert foreign objects into openings not specified in the manual.
11. Ensure no protruding or adjustable parts interfere with your exercises.
12. Always wear comfortable clothing and athletic shoes. Avoid loose clothing, which may get caught in moving parts.
13. Use the equipment as intended.
14. For safe transportation, lift the equipment with proper posture or seek assistance if needed.
15. Assemble the equipment according to the instructions. If incomplete, contact the manufacturer with the missing part number.

16. If assembly is impossible due to technical issues, such as missing holes or deformed parts, contact the manufacturer with photos of the faulty components.

Important Notes on Cleaning:

- Use a soft, damp cloth for cleaning.
- Do not use harsh chemicals.
- Protect the equipment from moisture and corrosion.