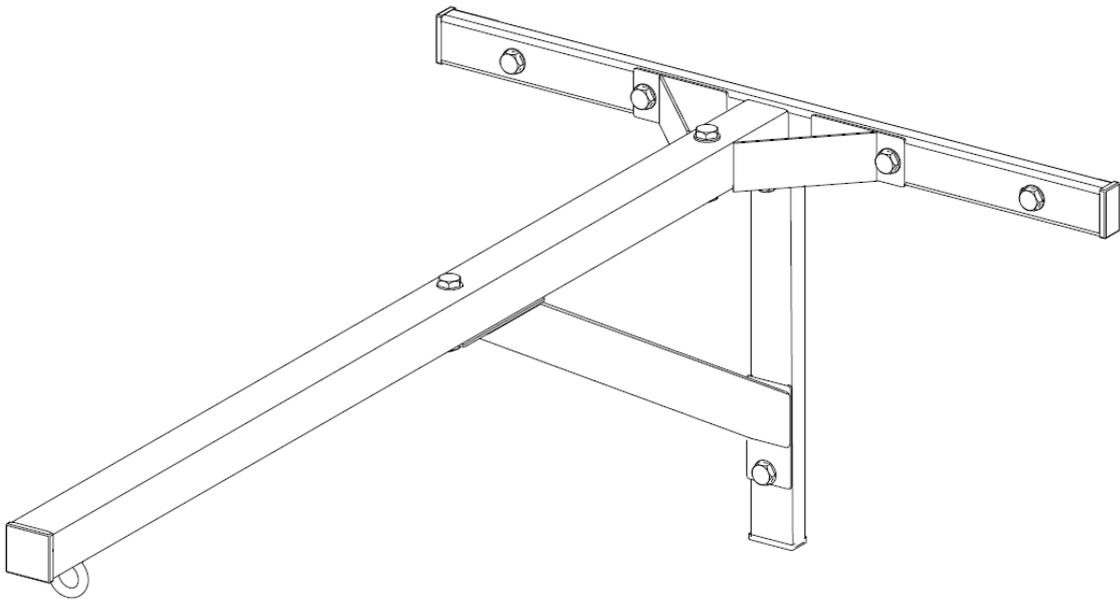
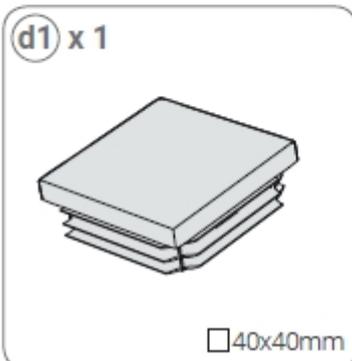
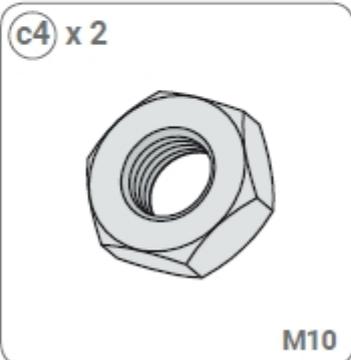
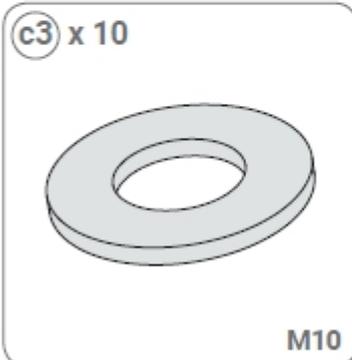
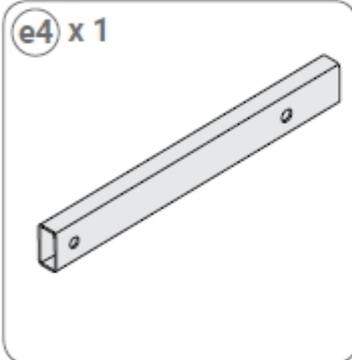
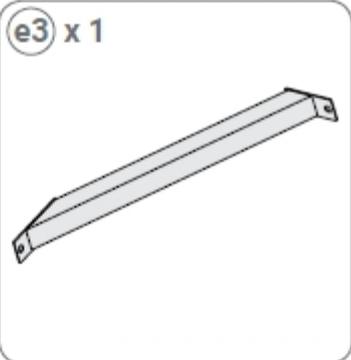
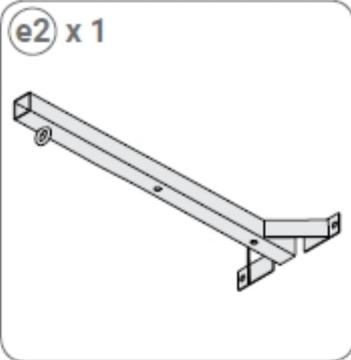
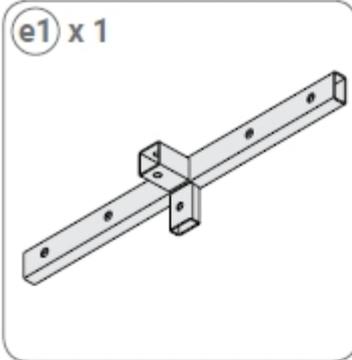


PUNCHING BAG WALL MOUNT

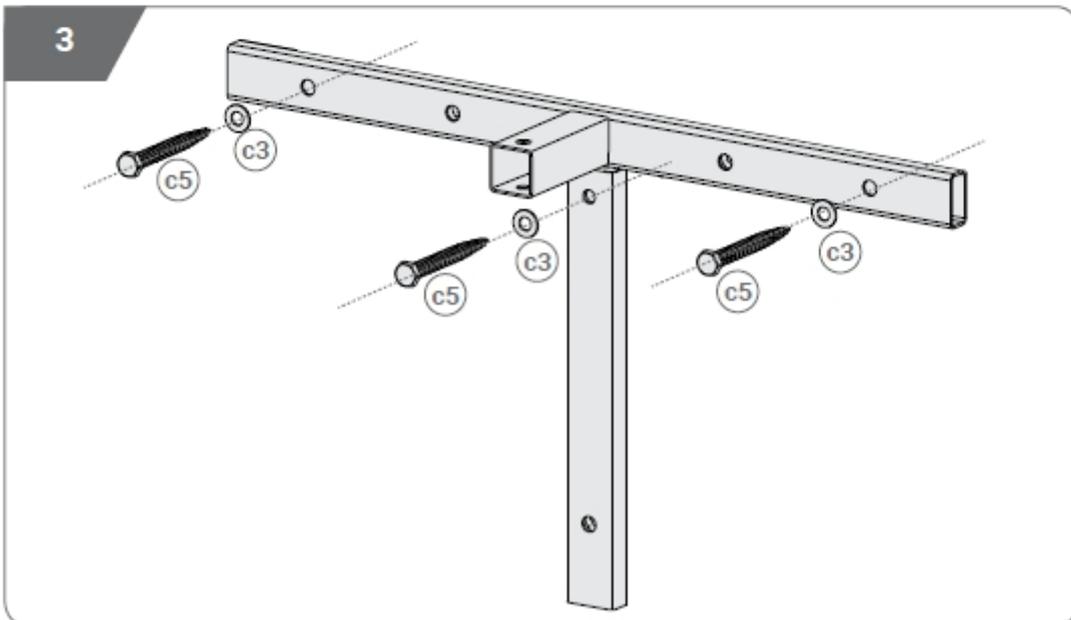
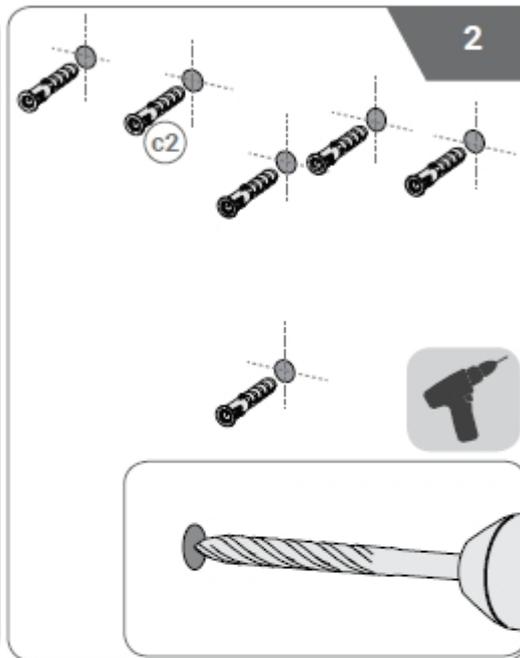
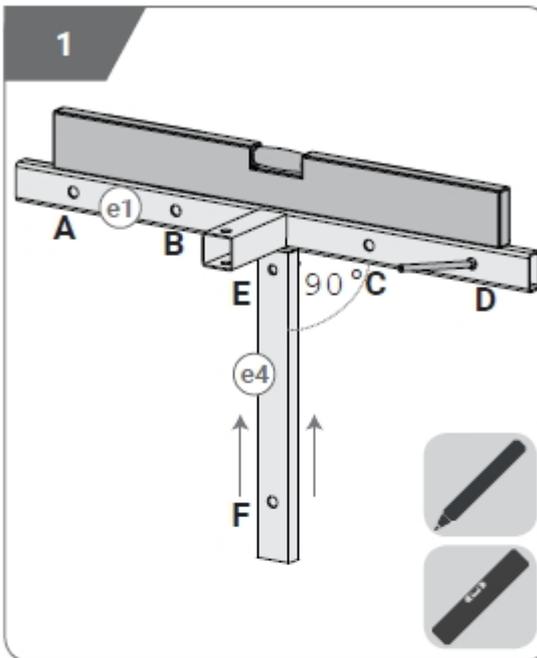
ASSEMBLY INSTRUCTION



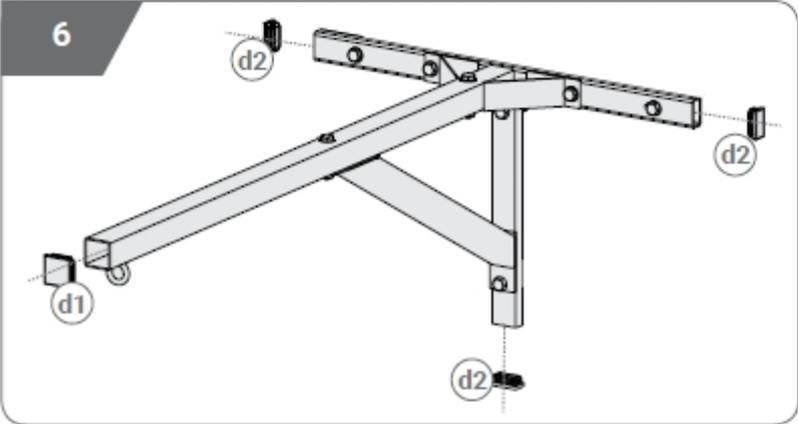
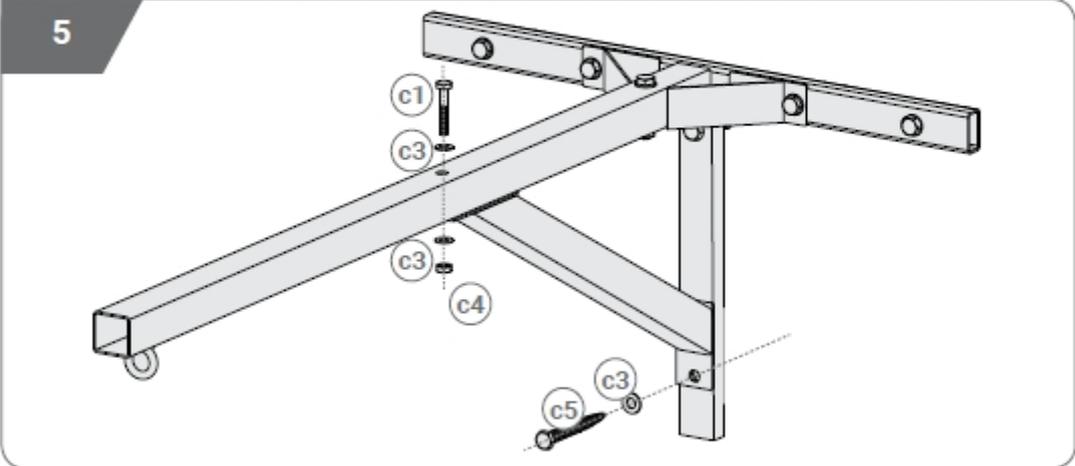
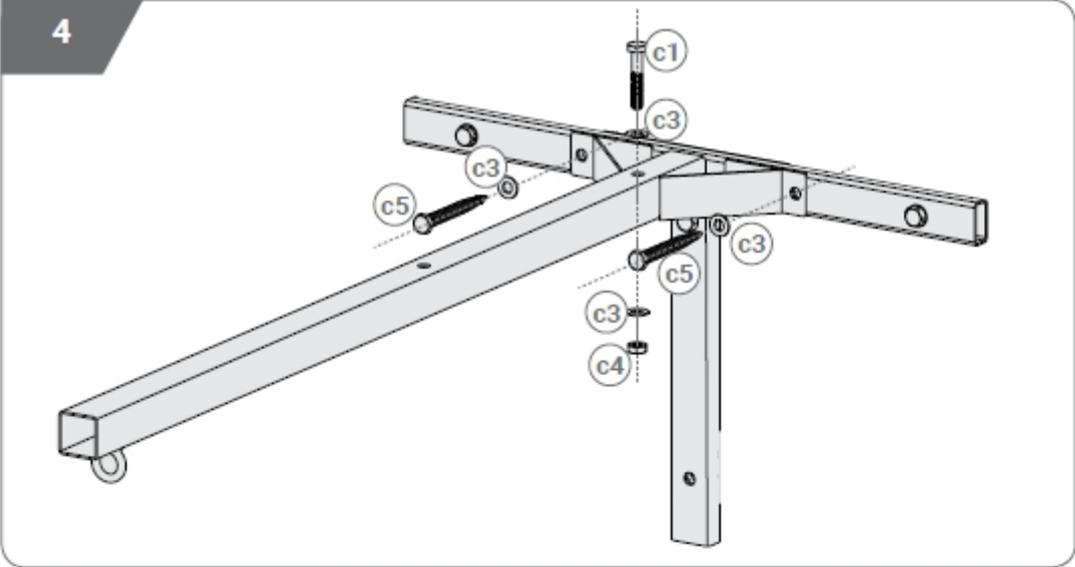
PUNCHING BAG WALL MOUNT



PUNCHING BAG WALL MOUNT



PUNCHING BAG WALL MOUNT



SAFETY INFORMATION

The product is intended for home use only. READ THE INSTRUCTION MANUAL BEFORE USE. ABIDE BY THE TERMS OF USE.

1. Always warm up before training to avoid injuries.
2. Consult your doctor in order to determine possible contraindications to the use of the equipment. This is especially important for people who suffer from heart conditions, blood pressure problems, and cholesterol problems. The doctor's decision is necessary for people who are undergoing treatment or are taking medications for diseases that may constitute contraindications to physical training.
3. Place the mounting on a straight and stable surface.
4. If the equipment is creaking or making inappropriate noises, do not exercise. If you experience disturbing symptoms while exercising, such as severe pain in any part of your body, consult your doctor. Incorrectly performed exercises may cause disability.
5. The equipment should be protected against access by children.
6. There should be at least 0.6m of free space around the equipment, ensuring free access and enabling escape in the event of emergency or the inability to continue exercises.
7. Before commencing training, check if the equipment is functioning properly, tighten the mounting screws. Check the fastening of the cables and other connections. Consumable parts should be replaced when they are worn out.
8. The device may only be used when it is in working order. In case it's non-compliant, contact the manufacturer and stop working out.
9. The product is intended for adults only. Children may use it under the supervision of adults under their sole responsibility.
10. Inserting into the holes anything other than things indicated in this instruction manual is prohibited.
11. Pay attention to any protruding parts, and any regulating devices that might interfere with your training.
12. The equipment should be used according with its intended use.
13. Always exercise in comfortable clothes and sports shoes. Loose clothes are not recommended, as they may catch on structural elements or screw into the mechanism.
14. Equipment intended for domestic use. Its use for other purposes is prohibited.
15. To prevent injuries, assume the correct posture to carry the equipment. If required, ask a third party to help you with transport.
16. Install the equipment in accordance with the instruction manual. If the hardware is incomplete, contact the manufacturer with the number of the item that is missing.
17. If the equipment cannot be assembled for technical reasons (e.g. no hole, misplaced hole, crooked part, etc.), please contact the manufacturer, include pictures of the defective item in the message.

WARNING: We are not responsible for damage caused by improper use of equipment or failure to follow instructions. **MAINTENANCE NOTE:** The equipment should be cleaned with a soft, damp cloth. Do not use strong chemicals. Protect against moisture and corrosion. **Warm-up:** The idea of warming up is to prepare the body for training. It requires increasing the body temperature, which reduces the risk of injury. Below are examples of warm-up exercises – perform each one for at least 30 seconds.



SIDE BENDS



FRONT BENDS



LEG STRETCHING



FORWARD LUNGES

