



HEAVY BAG BOXING TOWER

ASSEMBLY GUIDE



IMPORTANT - READ FIRST

Resistance training, gymnastics training and activities at height are potentially dangerous and may lead to severe injury or even death. This equipment must only be used by competent and responsible persons, or under the direct and visual control of a competent and responsible person. Use common sense when training, obtain instruction to ensure safe execution of movements.

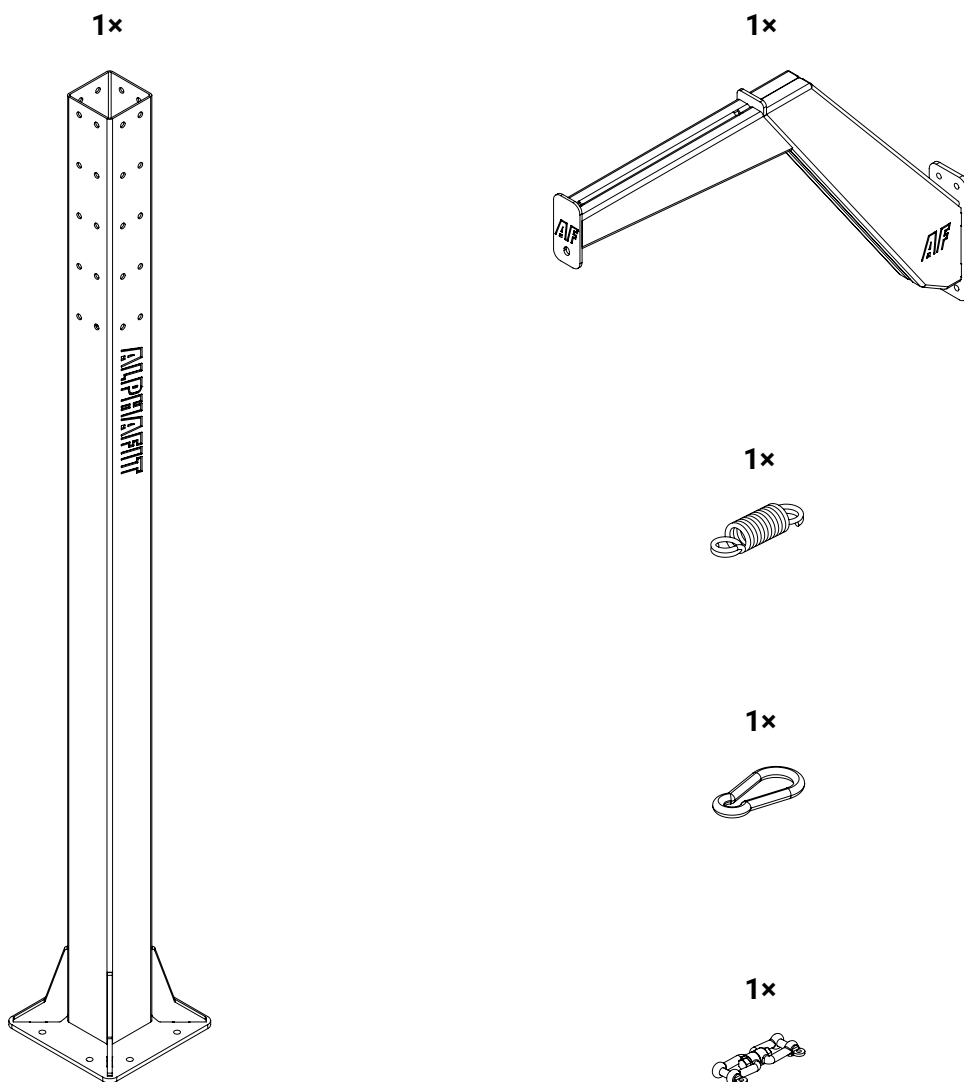
Obtaining instruction in appropriate techniques and methods of use is your own responsibility. You assume all risks and responsibilities for all damage injury or death which may occur during or following incorrect use of this equipment in any matter whatsoever. AlphaFit bears no liability beyond the replacement value of the equipment in question.




It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions. The safety and integrity designed into the equipment can only be maintained when it is regularly examined for damage and repaired. It is the responsibility of the user/owner to ensure that regular maintenance is performed. Inspect and properly tighten all parts regularly. Replace any worn or damaged parts immediately and do not use until the equipment has been repaired.

Both AlphaFit and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment.

WARNING: MISUSE OF THIS EQUIPMENT CAN RESULT IN SEVERE INJURY OR DEATH. BUYER ASSUMES ALL LIABILITY IN USAGE OF EQUIPMENT.

HEAVY BAG BOXING TOWER PART LIST:



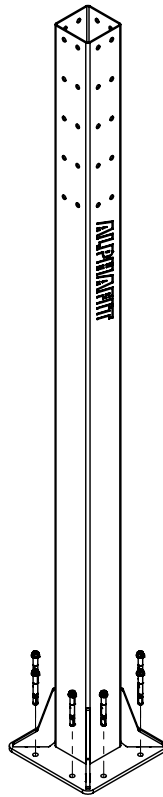
INCLUDED FASTENERS:			REQUIRED TOOLS:	RECOMMENDED TOOLS:
<p>4x (A)</p>  <p>M12 x 35mm Hex Zinc Plated Bolt</p>	<p>8x (B)</p>  <p>M12 Flat Washer</p>	<p>4x (C)</p>  <p>M12 Nyloc Nut</p>	<ul style="list-style-type: none"> • 19mm Socket & Socket Spanner 	<ul style="list-style-type: none"> • 19mm Offset Wrench • Ladder • Anchors • Concrete Drill • Impact Driver

Read this entire guide before attempting to build or use this machine. This guide contains step by step instructions for proper assembly. **AlphaFit recommends a minimum of two (2) people to assemble the Heavy Bag Boxing Tower.**

Use the parts list included in this guide to verify that all parts are accounted for before assembly. If any parts are missing, contact AlphaFit on 1300 257 428 or admin@alphafit.com.au.

STEP 1: ANCHOR UPRIGHT TO THE FLOOR

Position the Boxing Column in the desired spot. Bolt to floor through column base plate with appropriate anchors.



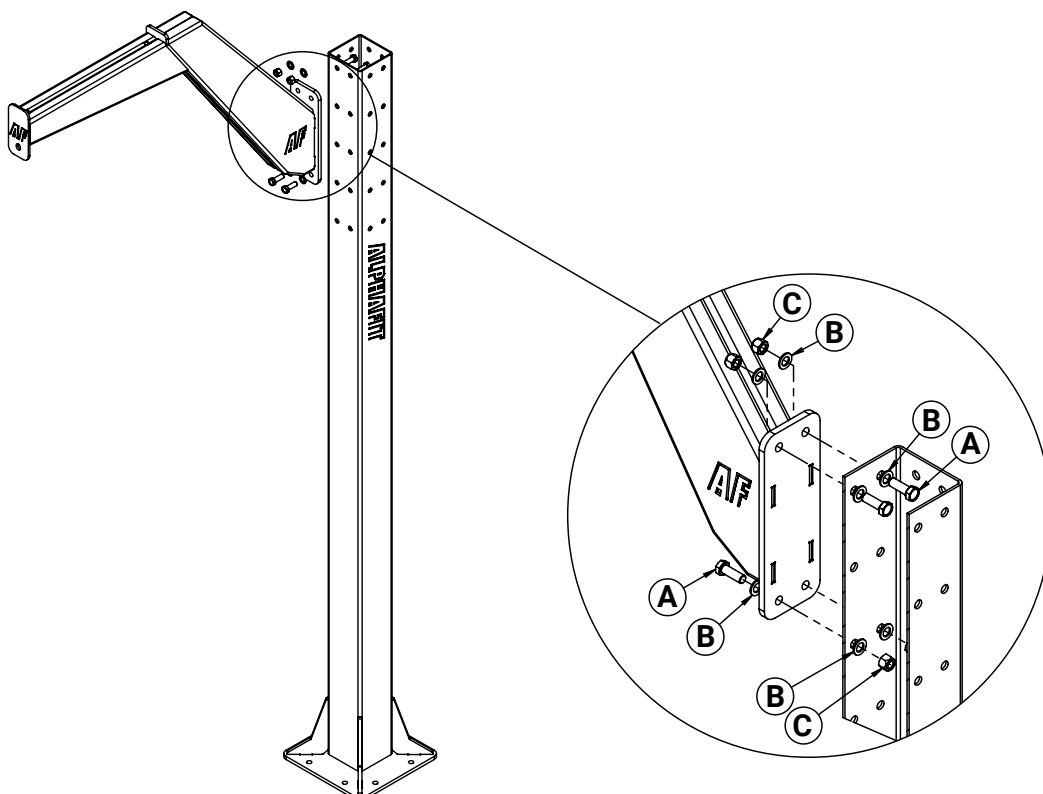
PRO TIP:

Fasteners for affixing uprights to the floor are not provided. Always choose fixings specially suited to the material in your floor which have sufficient holding power.

Hole size for uprights: 14mm, to suit M12 or similar. Unless otherwise specified tightening torques for M12 = 30Nm.

STEP 2: ATTACH HEAVY BAG MOUNT

Bolt Heavy Bag Mount to top of Boxing Column. The mount can be attached at a variety of heights using the 13mm holes located at the top of the Boxing Column. Letters denote appropriate fasteners.



STEP 3: SECURE THE BOXING BAG HANGING KIT

Connect carabiner to spring, then connect swivel to opposite end of spring to form the Boxing Bag Hanging Kit. Attach the Boxing Bag Hanging Kit through the eyelet at the end of the Heavy Bag Mount.

