



Please give us a chance to make it right and do better !

Contact our friendly customer service department for help first.
Replacements for missing or damaged parts will be shipped ASAP !

US office: Fontana

UK office: Ipswich

DE office: Hamburg

FR office: Saint Vigor d'Ymonville

PL office: Gdańsk



Contact Us!

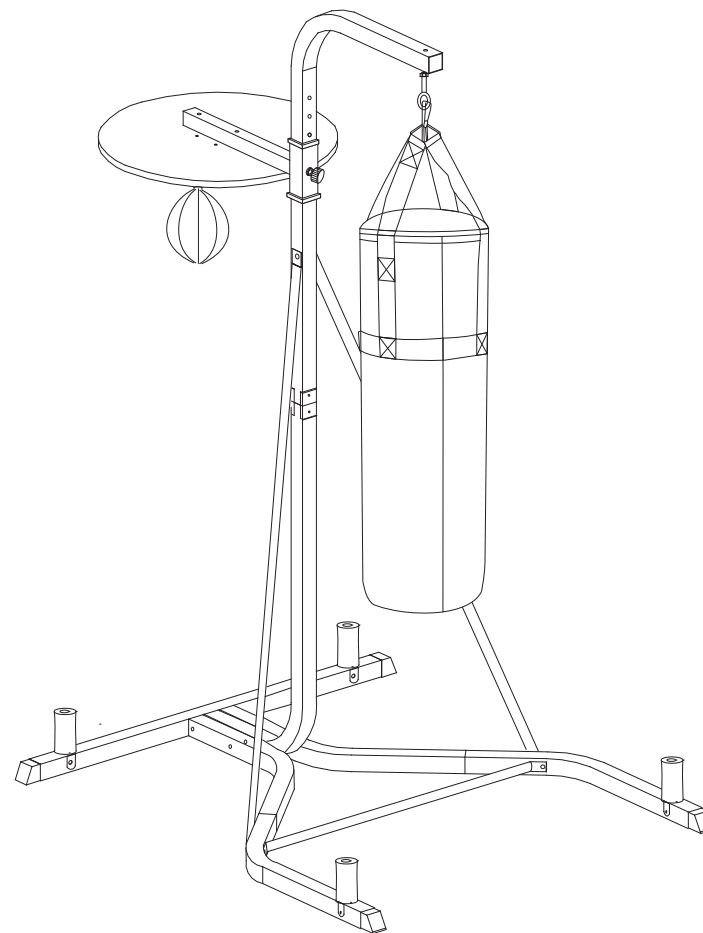
Do NOT return this item.

Contact our friendly customer service department for help first.



US:cs.us@costway.com

UK:cs.uk@costway.com



USER'S MANUAL

Heavy Bag Boxing Stand Set SP37727

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.



Before You Start

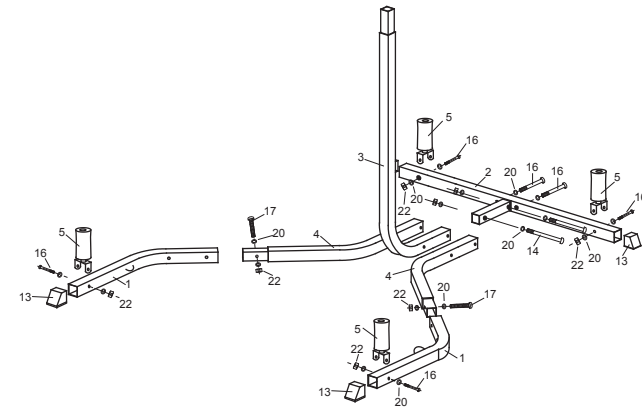
- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

Parts and Operation Elements

1 x 2	2 x 1	3 x 1	4 x 2
5 x 4	6 x 1	7 x 1	8 x 1
9 x 1	10 x 1	11 x 2	12 x 1
13 x 4	14 M10x150mm x 2	15 M10x80mm x 2	16 M10x65mm x 11
17 M10x60mm x 2	18 M6x40mm x 4	19 M10 thicker x 1	20 M10 x 32
21 M6 x 4	22 M10 nylon nut x 16	23 M10 nut x 1	24 M6 x 4
25 x 1	26 x 1	27 x 1	28 x 2
29 x 1	30 x 2	31 x 1	32 x 1
33 x 1	34 x 1		

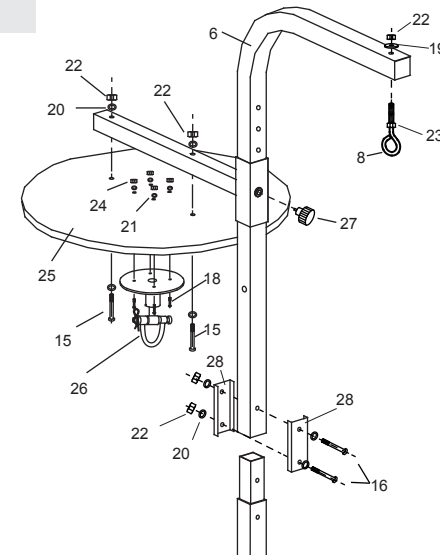
- | | |
|----|---|
| 1 | Base Tube X2 |
| 2 | Base T Tube X1 |
| 3 | Upper Vertical Tube X1 |
| 4 | Base Tube X2 |
| 5 | Weight Storage Post with Foam protection X4 |
| 6 | Lower Vertical Tube X1 |
| 7 | Platform Connection Tube x1 |
| 8 | Eyebolt, Washers and Nut Set X1 |
| 9 | Upper Connection Tube x1 |
| 10 | Upper Connection Tube x1 |
| 11 | Lower Connection Tube X2 |
| 12 | Base Connection Tube X1 |
| 13 | Non-slip Twin Binding X4 |
| 14 | Bolt 150 mm, Washers and Nut Set X2 |
| 15 | P.Bolt 80mm, Washers and Nut Set X2 |
| 16 | Bolt 65 mm, Washers and Nut Set X11 |
| 17 | Bolt 60 mm, Washers and Nut Set X2 |
| 18 | Bolt 40mm, Washers and Nut Set X4 |
| 25 | Platform X1 |
| 26 | Swivel X1 |
| 27 | Height Adjustment Knob X1 |
| 28 | Brace X2 |
| 29 | Speed Ball, |
| 30 | Spanner X2 |
| 31 | Spanner X1 |
| 32 | Allen Key X1 |
| 33 | Pump and Needle X1 |
| 34 | Boxing Bag X1 |

Step1











- | | | |
|----|--|----|
| 1 | | X2 |
| 2 | | X1 |
| 3 | | X1 |
| 4 | | X2 |
| 13 | | X4 |
| 14 | | X2 |
| 16 | | X2 |
| 17 | | X2 |

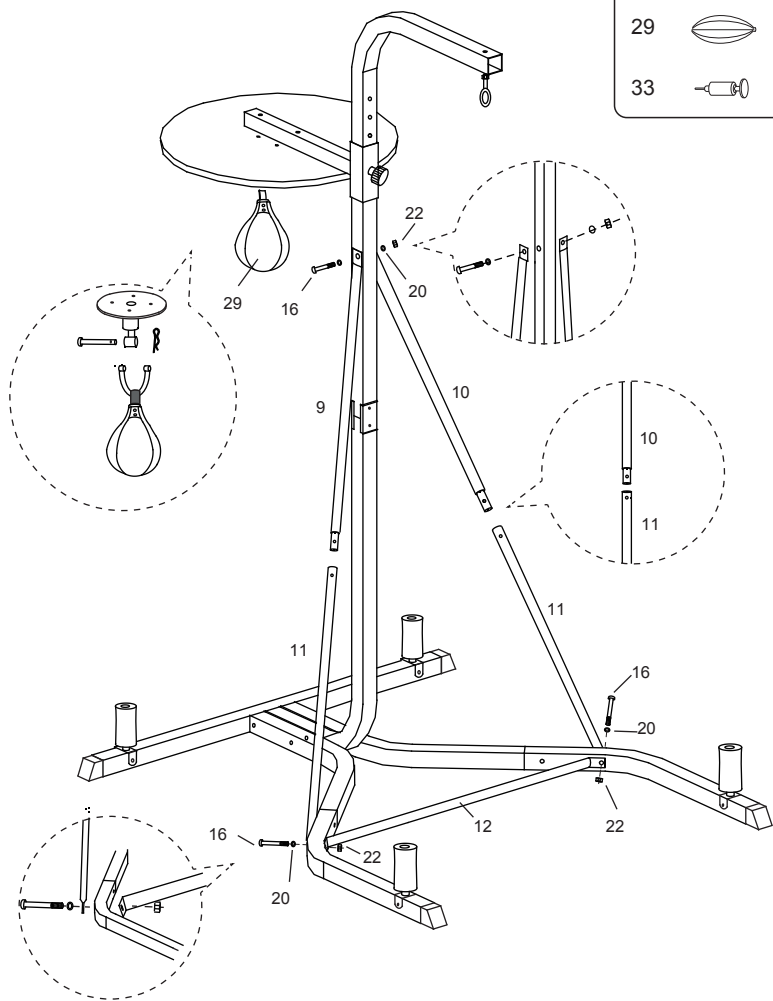
Step2



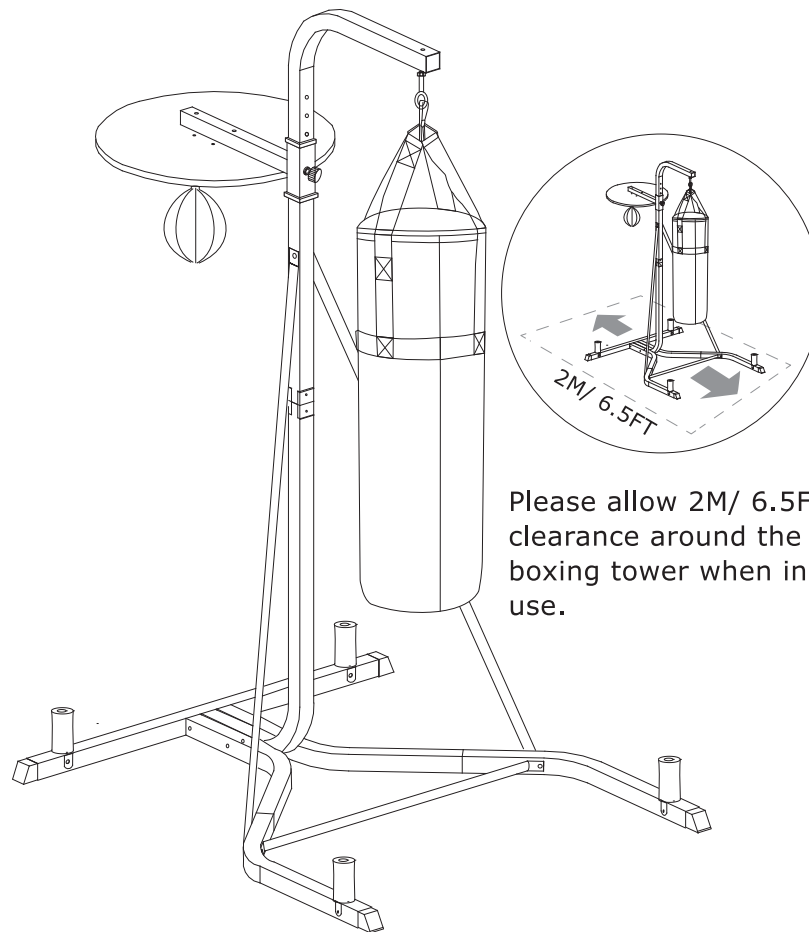
- | | | |
|----|--|----|
| 6 | | X1 |
| 7 | | X1 |
| 8 | | X1 |
| 15 | | X2 |
| 16 | | X2 |
| 18 | | X4 |
| 25 | | X1 |
| 26 | | X1 |
| 27 | | X1 |
| 28 | | X2 |

Step3

- | | | |
|----|---|----|
| 5 |  | X4 |
| 9 |  | X1 |
| 10 |  | X1 |
| 11 |  | X2 |
| 12 |  | X1 |
| 16 |  | X7 |
| 29 |  | X1 |
| 33 |  | |



Step4



Please allow 2M/ 6.5FT clearance around the boxing tower when in use.