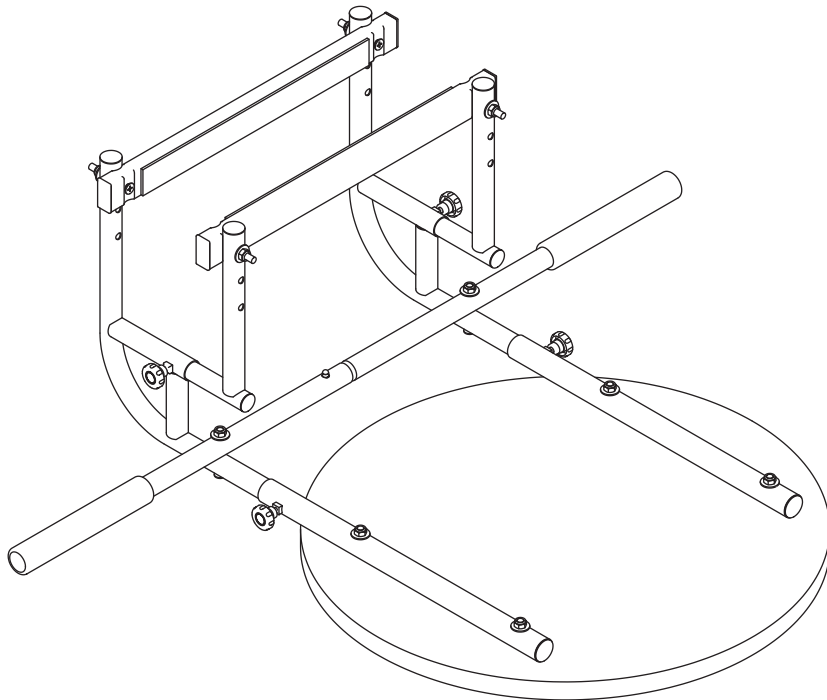


# TITLE BOXING DOORWAY SPEED BAG PLATFORM

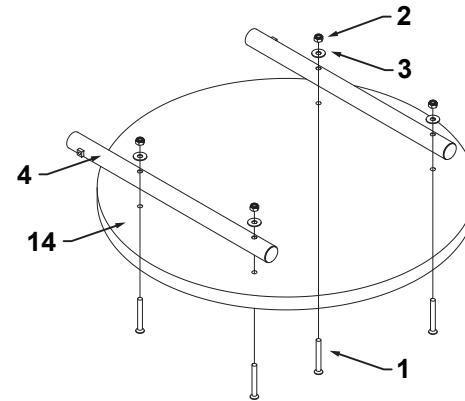
## Assembly Instructions

REVISED 12.02.22



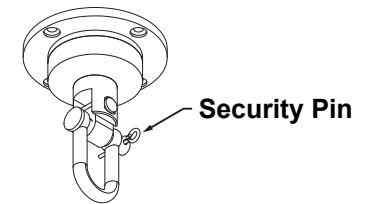
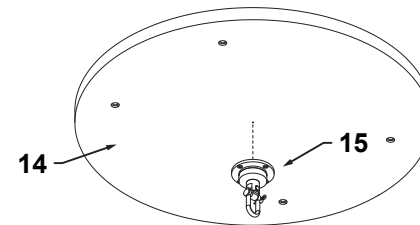
**WARNING:** It is advised to consult a physician before beginning any exercise program. The Doorway Speed Bag Platform is manufactured to be used with an air-filled speed striking bag. Follow all instructions carefully. Improper use and/or installation could result in injury. Be sure to check all mounts, connections, and assembly of the platform, including the swivel and speed bag for any wear and tear, before every use. Do not leave the Doorway Speed Bag Platform attached over a doorway between uses as it could result in injury to foot traffic. It is recommended to wear hand wraps and well-padded bag gloves whenever training on the speed bag.

1. Assemble and secure the Round Wooden Platform (14) to the Platform Holding Arms (4) as illustrated below with the hardware listed.

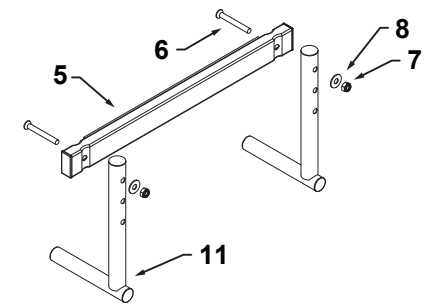
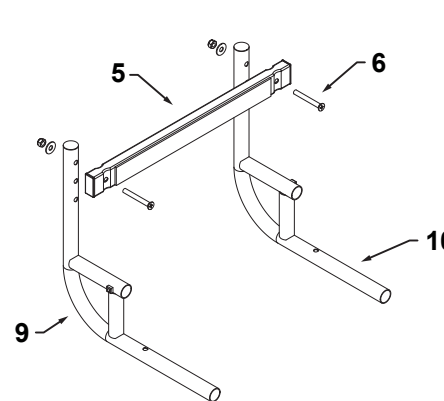


- (1) 5/16" x 2.5" Bolts - Qty 4
- (2) 5/16" Nut - Qty 4
- (3) 5/16" Washer - Qty 4

2. Mount the Speed Bag Swivel (15) to the bottom center of the Round Wooden Platform (14) with the four screws provided. Then, remove the security pin from the speed bag swivel to hang the speed bag from the top loop. replace the security pin.

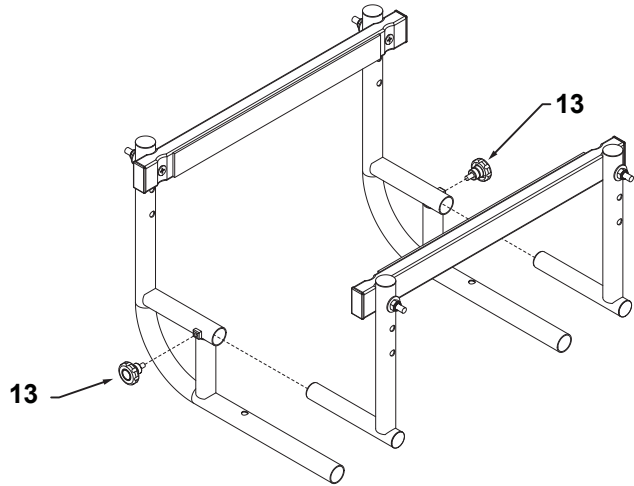


3. Assemble the Front and Rear Framework: Attach and secure a Horizontal Supporting Bar (5) to the two Vertical Rear Rails (9 & 10) and the two Vertical Front Rails (11) as illustrated with the hardware listed.

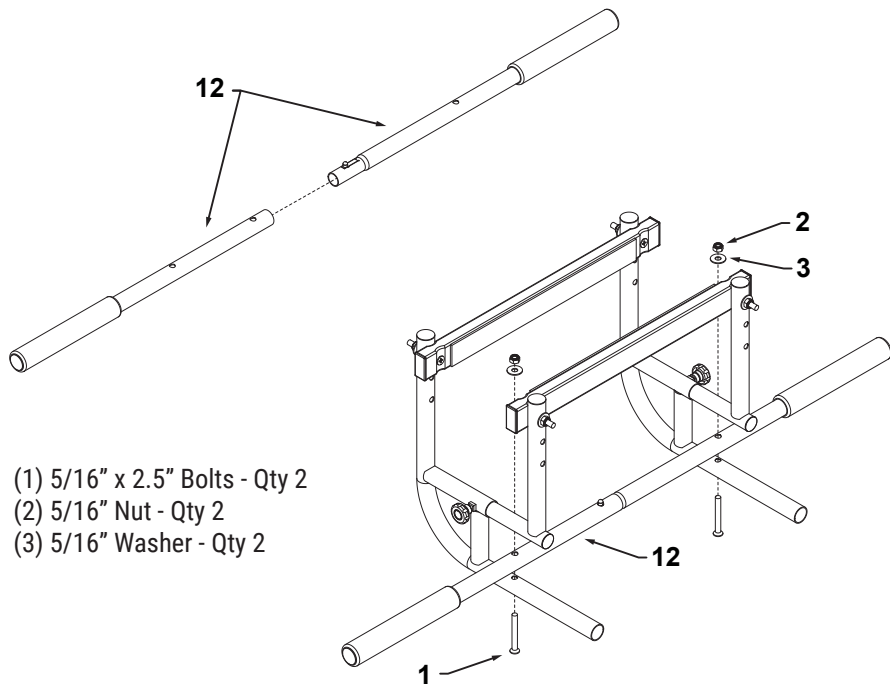


- (6) 5/16" x 2" Bolts - Qty 4
- (7) 5/16" Nut - Qty 4
- (8) 5/16" Washer - Qty 4

4. Join the Front Framework and Rear Framework as illustrated below. Lightly secure the two Round Security Knobs (13) on each side as this will be adjusted during installation.

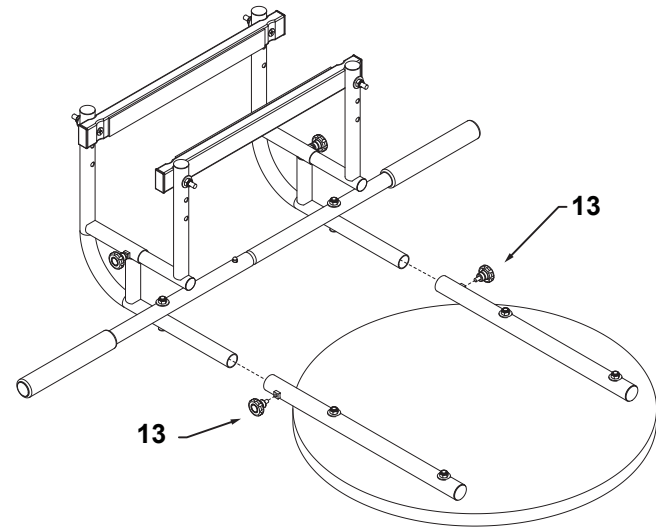


5. Assemble the Horizontal Pole (12) together until the snap button is secure. Then attach it to the frame as illustrated with the hardware listed below.



- (1) 5/16" x 2.5" Bolts - Qty 2
- (2) 5/16" Nut - Qty 2
- (3) 5/16" Washer - Qty 2

6. Attach the Round Wooden Platform Assembly from Step 1 with the holding arms to the framework as illustrated below. Tightly secure the two Round Security Knobs (13) on each side.



**For mounting to the doorway:** Adjust the height of the Front and Rear Supporting Bars to the desired height. Then, with the two Round Security Knobs loosened, mount the unit inside the doorway with the Rear Horizontal Support Bar on the back side above the top door frame, and the Horizontal Pole should be on the front side, resting on the both sides of the door frame. Secure the Front Horizontal Support Bar up against the wall above the top door frame on the front side. Tightly secure the two Round Security Knobs on each side. The unit is now properly secured within the doorway.

