

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

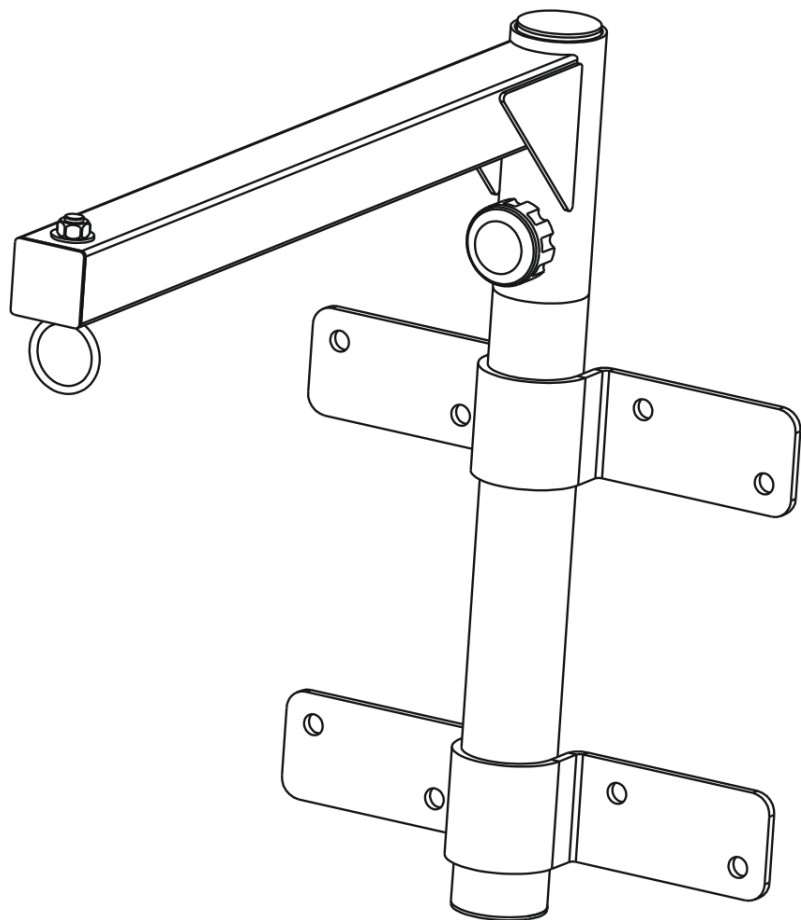
Model
50518

Retain This
Manual for
Reference

OWNER'S
MANUAL

GYMTECH

Punching Bag Wall Mount 50518



Please contact HUNTER LEISURE AUSTRALIA Should any questions arise at 1800-632-792 .

Spare part Service: If you require service, **please do not** return the **Wall Mount Boxing** to the store. Contact Hunter Leisure Australia on 1800-632-792.

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BEFORE YOU BEGIN

Thank you for selecting the 50518 Punching Bag Wall Mount by Gym Tech. For your safety and benefit, read this manual carefully before using the product. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number
1800-632-792
Mon. - Fri. 9 a.m. - 5 p.m. AEST

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise product is built for optimum safety. However, certain precautions apply whenever you assemble/install or use a piece of exercise equipment. Be sure to read the entire manual before you assemble this product. In particular, note the following safety precautions:

1. Only mount this product on a wall suitable and capable of supporting boxing mount and heavy punching bag.
2. Incorrect installation may cause damage to property or serious injury. It is recommended that you seek advice by a professional builder before installation.
3. Secure Punching Bag Wall Mount to wall using 8 bolts of suitable strength, length and quality
4. Ensure Punching Bag Wall Mount is secured tightly and safely to wall before each use.
5. Mount Punching Bag Wall Mount in suitable open area away from dangerous objects.
6. Always wear appropriate workout clothing when exercising.
7. Use this product only for its intended use as described in this manual. DO NOT use the wall mount for chin-ups or similar exercises.
8. DO NOT use attachments not recommended by the manufacturer.
9. Before using this unit to exercise, always do stretching exercises to properly warm up.
10. Do not use this product if parts are faulty or broken.

CARE AND MAINTENANCE

1. Inspect and tighten all parts before using this unit.
2. Ensure mounting bolts and other attachments including punching bag have not become loose or faulty

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Hyper Extension ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

ASSEMBLY INSTRUCTION

NOTE: It is strongly recommended that Punching Bag Wall Mount is installed by a professional builder.

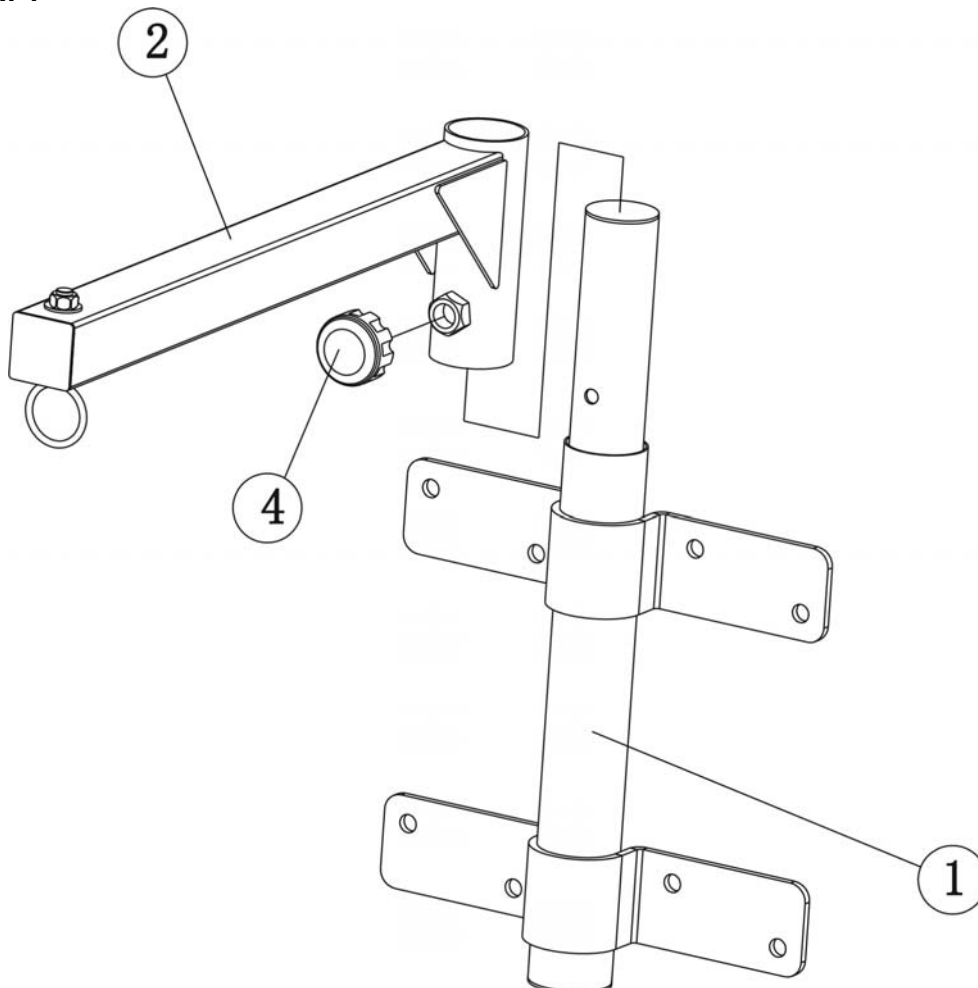
STEP 1 (Please refer to diagram 1 bellow)

- A.) Mount Main Support Frame (1) on to concrete or brick wall using eight M12 Dynabolts or other suitable bolts. (Please note bolts are not provided)
- B.) Please read safety precautions regarding suitability of mounting wall – incorrect installation may result in serious injury or death.

STEP 2 (Please refer to diagram 1 bellow)

- A.) Slide L-shaped Heavy Bag Support Frame (#2) on to Main Support Frame (#1) mast
- B.) Insert and tighten Lock Knob (#4)
- C.) Install punching bag onto round hook at the end of the L-shaped Heavy Bag Support Frame (#2). Please note max weight for punching bag is 40KG.

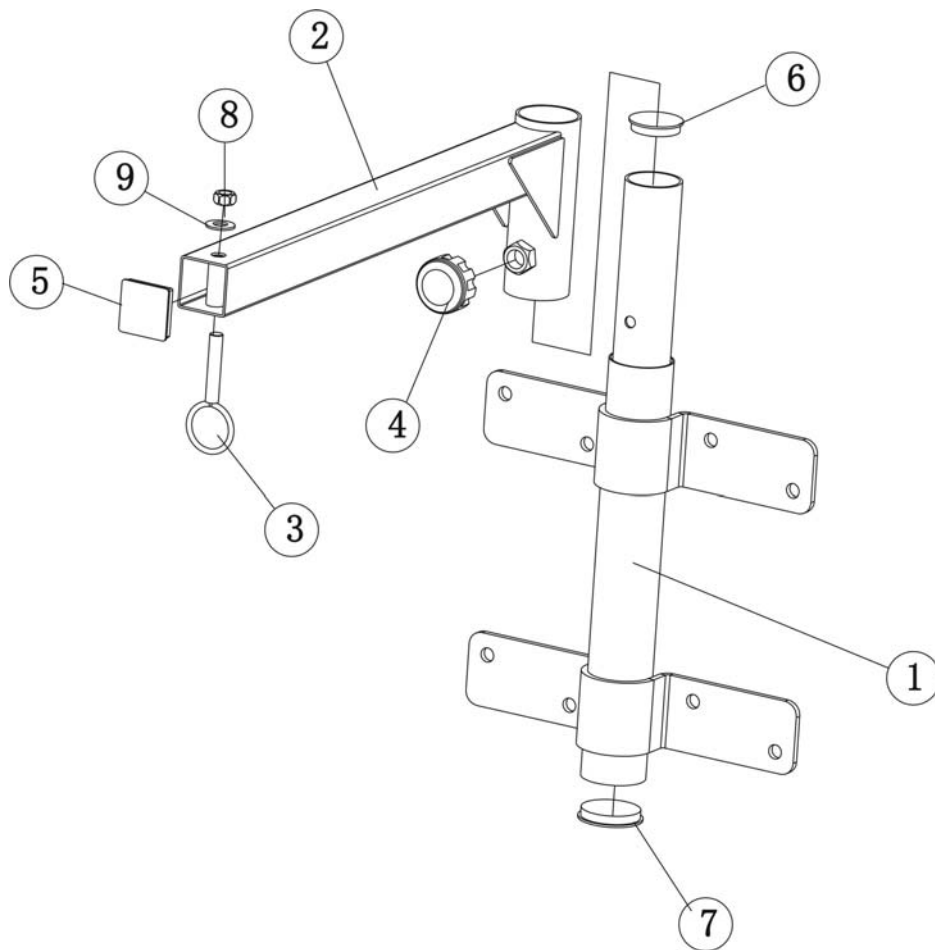
DIAGRAM 1



PARTS LIST

Part No.	Description	Quantity
1	Main Support Frame	1
2	L-shaped Heavy Bag Support Frame	1
3	Heavy Bag Hook	1
4	Lock Knob	1
5	○ 50mm End Cap	1
6	Ø55mm End Cap	1
7	Ø60mm End Cap	1
8	M12mm Aircraft Nut	1
9	Ø12 Washer	1

EXPLODED DIAGRAM



Gym Tech

Spare part ordering

Spare parts can be ordered by contacting Customer Services on 1800-632-792. Please make sure you have the following information on hand when ordering spare parts.

- **Operating Instructions**
- **Model Number (located on the cover sheet of these instructions)**
- **Description of attachments**
- **Attachment Number**
- **Proof of purchase with purchase date**

Please don't send the device to our firm without being requested to do so by our Service team. The costs of unsolicited shipments will be borne by the sender.