

印刷制作说明 (非印刷页)

叶子类目	沙袋吊架 (沙袋架+引体向上架 46.5*46.5*91inch三脚支撑前倾支架脚不带电)
厂家型号	ssshksdj-e
子SKU	SDZJSDJYTXSJIZ98U001V0

技术要求:

- 1.内容正确，图文清晰，位置准确；
- 2.成品不准有破损、裂纹污迹等影响美观缺陷；
- 3.具体页数、尺寸、内容、字体、字号、按设计图纸；
- 4.A5 版面双面黑白印刷，80g 以上铜版纸或者双胶纸。
- 5.装订方式骑马订/折页或者胶装，。
- 6.打样确认后方可批量印制。



Upgrade · The Home Creator Way

PUNCHING-BAG-STAND

MODEL:ssshksdj-e

VEVOR Support Center



:SSSHKSDJ-E

MODEL: ssshksdj-e



This is the original instruction, please read all manual instructions carefully before operating. VEVOR reserves a clear interpretation of our user manual. The appearance of the product shall be subject to the product you received. Please forgive us that we won't inform you again if there are any technology or software updates on our product.

Thank you very much for choosing this Punching-Bag-Stand. Please read all of the instructions before using it. The information will help you achieve the best possible results.

INTRODUCTION

FOR HOUSEHOLD USE ONLY

WARNING: TO REDUCE THE RISK OF INJURY TO PERSONS.
SAVE THESE INSTRUCTIONS



WARNING:

Please read all instructions before using this product

It is the Owner's responsibility to ensure that all users of this product are fully aware of all warnings and precautions.

- Children or persons with disabilities must be closely supervised when using the boxing ring.
- This product is used only as intended. Do not use heavy bags that weigh more than 65 kg.
- Do not drop or insert anything into any hole.
- Boxing stands are for family use only. Do not use this product for any commercial, rental, school or institution.
- Do not use outside.
- Keep the product indoors, away from moisture and dust. Choose a flat surface with a mat underneath it to protect the floor or carpet. Make sure there is enough space to install, disassemble, and use this product.
- Keep hands and feet away from moving parts.



At NO time should pets or children under the age of 12 be closer to the Boxing Stand than 3 m (10 feet). At NO time should children under the age of 12 use the Boxing Stand. Children over the age of 12 should not use the Boxing Stand without adult supervision.

PRODUCT PARAMETER

MODEL: ssshksdj-e



PART LIST

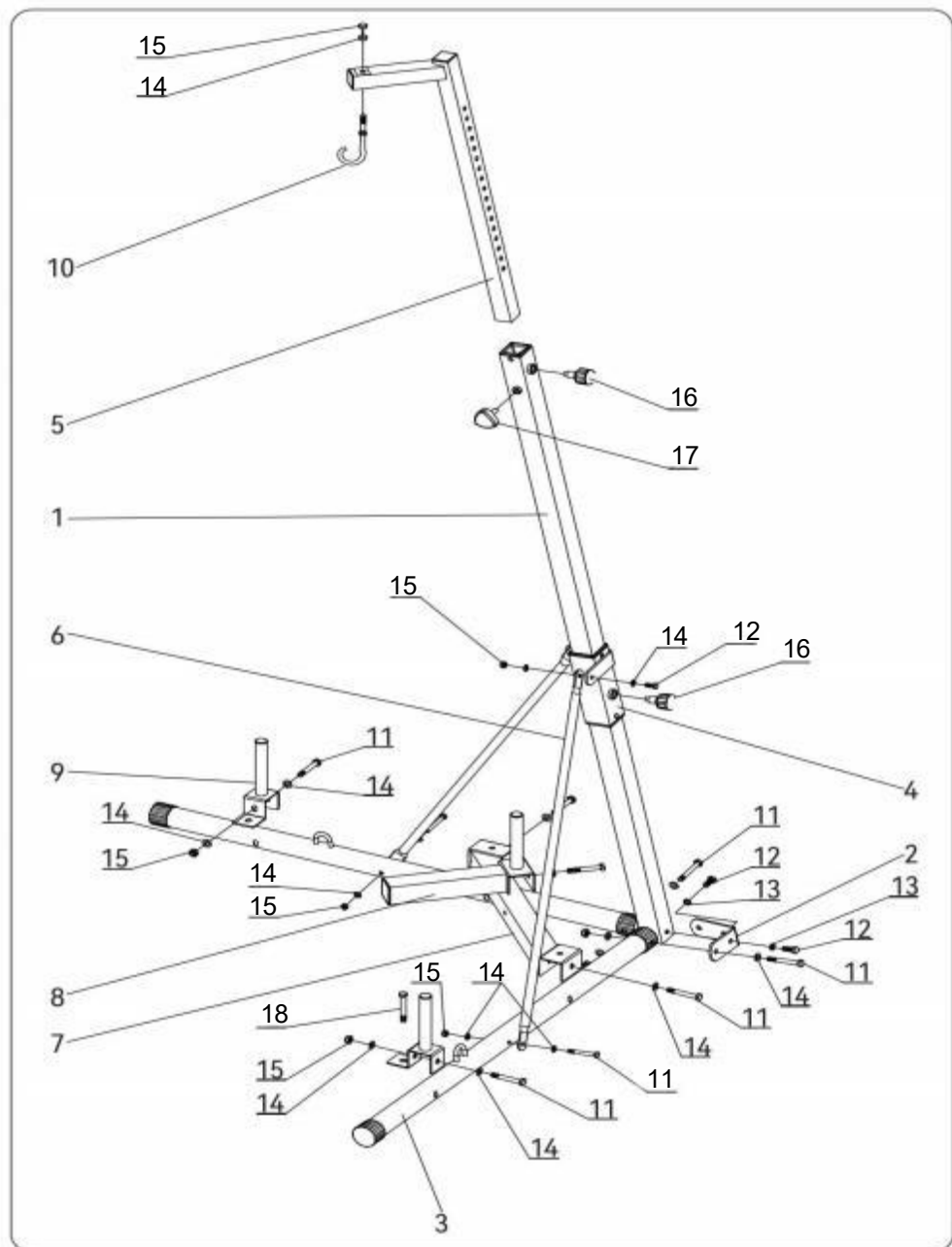
NO.	Part Name	QTY	NO.	Part Name	QTY
1.	Vertical Rod	1	11.	Bolt M10x70	9
2.	L- type Plate	1	12.	Bolt M10x20	4
3.	Bottom Pipe	2	13.	Spring Washer M10	2
4.	Movable Casing	1	14.	Flat Washer M10	22
5.	Adjustable Bracket	1	15.	M10 Nut	10
6.	Support Tube	2	16.	Pop Pin	2
7.	Lower Transverse Rod	1	17.	Knob M10	1
8.	Middle Barbell Tube	1	18.	M10 Expansion Screw	2
9.	Barbell Tube	2	19.	Wrench	2
10.	Hanging Hook	1	20.	Pull Up Bar	1

Actual Drawing Of Parts			
1			
2		3	
4		5	
6			
7			
8		9	
10		11	
12		13	
14		15	
16		17	
18		19	
20			

Note: Some parts(1,2,4 ,5 ,6) have been pre-assembled when packing, please refer to the actual

UNPACK THE CARTON AND PLACE ALL PARTS ON THE FLOOR. CAREFULLY REMOVE ALL PACKING MATERIAL AND CHECK EACH PART AS THE MANUAL FIRST,REMEMBER SOME PARTS ARE PRE-FITTED TO LARGER COMPONENTS.

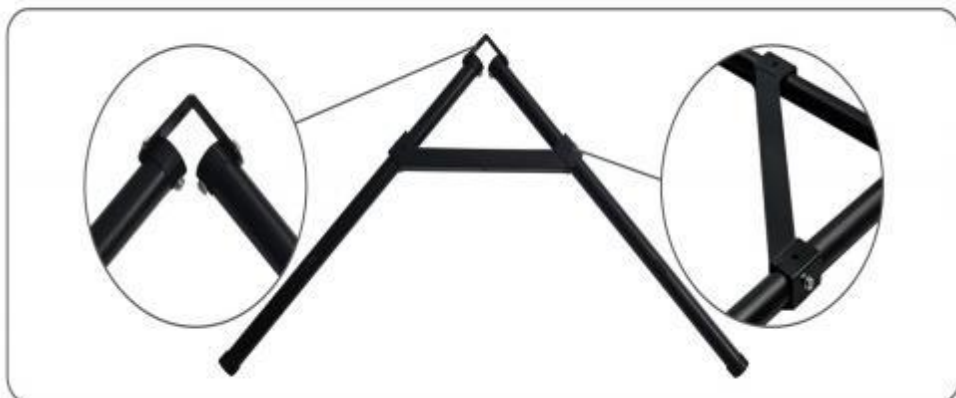
ASSEMBLY



IMPORTANT

ASSEMBLE WITH ALL NUTS AND BOLTS LOOSE AT FIRST, ONLY TIGHTEN AFTER COMPLETING ALL ASSEMBLY STEPS.

Step 1: Install the base (Parts 2, 3, 7)



1. Screw together the Lower Transverse Rod (7) with Bottom Pipe(3), secured with hex bolt M10x70 (11-2pcs) and Flat Washer M10 (14-2pcs).

Step 2: Install the central pole (Parts 1, 4, 5, 16)



2. Attached the Pop Pin(16) to the Movable Casing(4).

Step 3: Insert the central pole to the base.



Step 4: Install the supporting tube (Parts 6).



3. Insert the Adjustable Bracket(5) into the Vertical Rod(1), locked with Pop Pin(16) and Knob M10 (17).
4. Screw together the Support Tube(6) with Bottom Pipe(3), secured with hex bolt M10x70(11-2pcs) , Flat Washer M10 (14-4pcs) and M10 Nut(15-2pcs).

Step 5: Install the barbell tube and hanging hook(Parts 8, 9, 10).



5. Attached the Hanging Hook (10) to the Adjustable Bracket (5), secured with Flat Washer M10 (14-1pc) and M10 Nut(15-1pc).
6. Screw together the Barbell Tube (9) with Bottom Pipe(3), secured with hex bolt M10x70 (11-2pcs) , Flat Washer M10 (14-2pcs) and M10 Nut(15-2pcs). Using the M10 Expansion Screw(18) to fix on the floor.
7. Screw together the Middle Barbell Tube (8) with Lower Transverse Rod (7), secured with hex bolt M10x70 (11-1pc) and Flat Washer M10 (14-1pc).

Step 6: Install pull up bar (Parts 20). (Finished)



8. Screw together the Pull Up Bar (20) with Adjustable Bracket(5), secured with M10 Nut (15-1pc) and Flat Washer M10 (14-1pc).

Cleaning and Maintenance

- Use a soft, clean cloth that will not scratch the surface when dusting.
- This item could be cleaned with soap and water.Be sure to avoid harsh solvents and abrasives.
- Periodically (every 90 days) make sure the screws are fully tightened.

