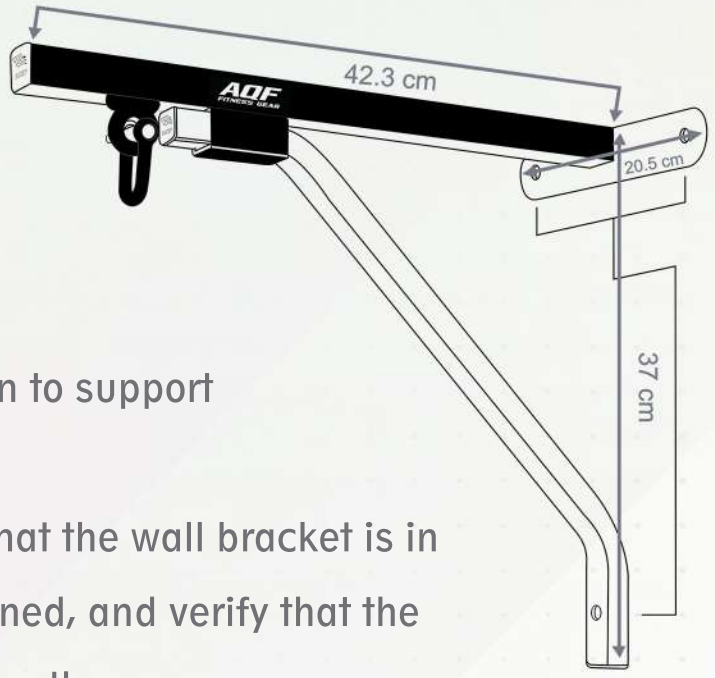
AQF SPORTS

WALL BRACKET INSTALLATION GUIDE



GENERAL GUIDELINES/CAUTIONS:

- Make sure to select a strong wall for installation to support the weight of wall bracket with punching bag.
- Before each use, please inspect to make sure that the wall bracket is in good working order and that all bolts are tightened, and verify that the punching bag is hanging from the platform correctly.
- The bracket must be fixed to a solid surface and not a cavity or plaster board wall.
- Use special care to not allow anyone around the equipment when in use.
- Use suitable clothing and protective gear while working out.
- Don't exercise if you are not feeling well or have fever.

DISCLAIMER

Make sure to follow the instructions carefully for successful installation. One wrong step could result in negative consequence. Make sure that the equipment weight for which you are installing wall bracket does not exceed the weight capacity of wall bracket. Contact a professional to install the wall mount or get specific mounting instructions as per your wall structure if you lack the requiste knowledge for installation.

INSTRUCTIONS FOR INSTALLATION ON BRICK/STONE WALL WITH RAWL BOLTS:



TOOLS REQUIRED:

- 10 mm spanner or socket/Adjustable spanner
- Marker or Pencil
- 13 mm masonry Drill bit.

PARTS LIST:

- Heavy Duty RAWL BOLTS * 3

- Determine the wall with spacious area for attachment and use.
- Hold the mount in desired place on the wall and mark out the placement of the heavy duty RAWL bolts.
- Set the depth and use a drill to create holes. The measurment for depth should be 70 mm deep for all three bolts. Make sure your drill bit is only slightly larger than the body of bolts because if the holes are too large, then your wall mount will not be secure.
- Remove Pre-assembled bolt. Insert shield into hole and tap with hammer until flush with surface.
- Place the wall bracket on the wall on top of the drilled holes and insert bolt through the bracket into the shield. Ensure all bolts are securely tightened.
- When installation is complete, make sure all parts are snug and that the assembly is rigidly erected.

INSTRUCTIONS FOR INSTALLATION ON BRICK/STONE WALL WITH HEX BOLTS:



TOOLS REQUIRED:

- 10 mm spanner or socket/Adjustable spanner
- Marker or Pencil
- 10 mm masonry Drill bit.

PARTS LIST:

. Hex BOLTS * 3
. Nylon Plug * 3

- Determine the wall with spacious area for attachment and use.
- Hold the mount in desired place on the wall and mark out the placement of the hex bolts.
- Set the depth and use a drill to create holes. The measurment for depth should be 70 mm deep for all three bolts. Make sure your drill bit is only slightly larger than the body of the nylon plug because if the holes are too large, then your wall mount will not be secure.
- After drilling holes remove the debris and insert the plastic wall plugs into the hole and tap with hammer until flush with surface.
- Place the wall bracket on the wall on top of the drilled holes and insert bolt with washer. Ensure all bolts are securely tightened.
- When installation is complete, make sure all parts are snug and that the assembly is rigidly erected and properly ready for use.