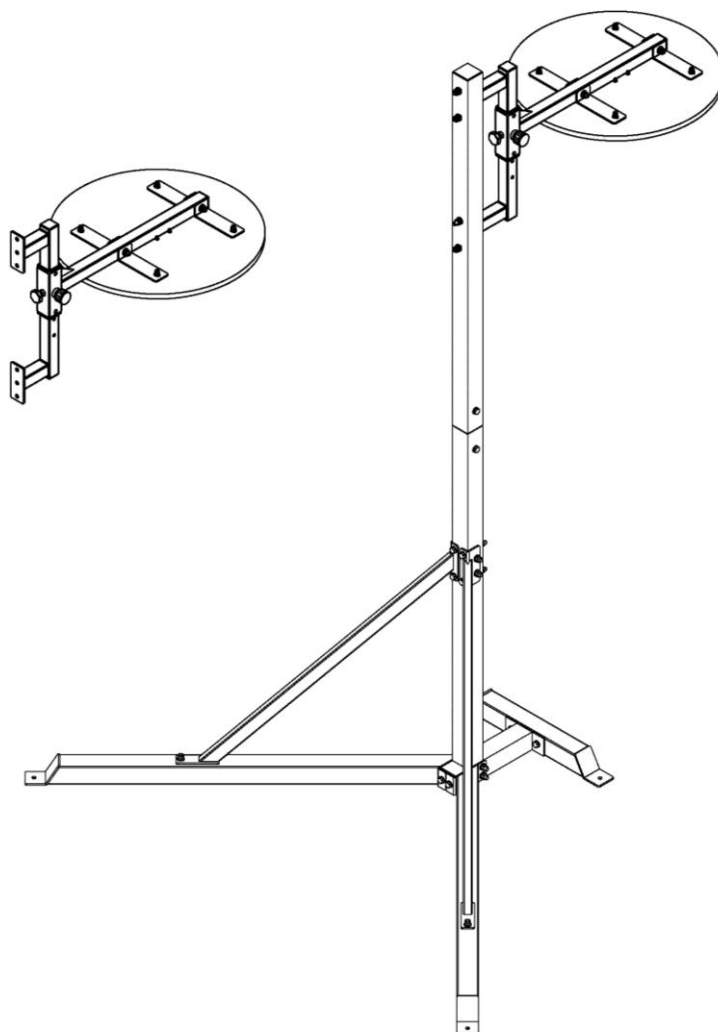




# OWNER'S MANUAL    AFG-BBR-C3

Advanced Fight Gear-Boxing Bag Rack- Commercial Use  
(Speed Ball Attachment)



## **CAUTION!**

**Read all precautions and instructions in this manual before using this equipment.**

### **ASSEMBLY MANUAL**

#### **ADVANCED FIGHT GEAR-BOXING BAG RACK**

##### **BEFORE YOU START**

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

##### **SAFETY PRECAUTIONS**

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled
- Ensure you correctly orientate each piece before attaching
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

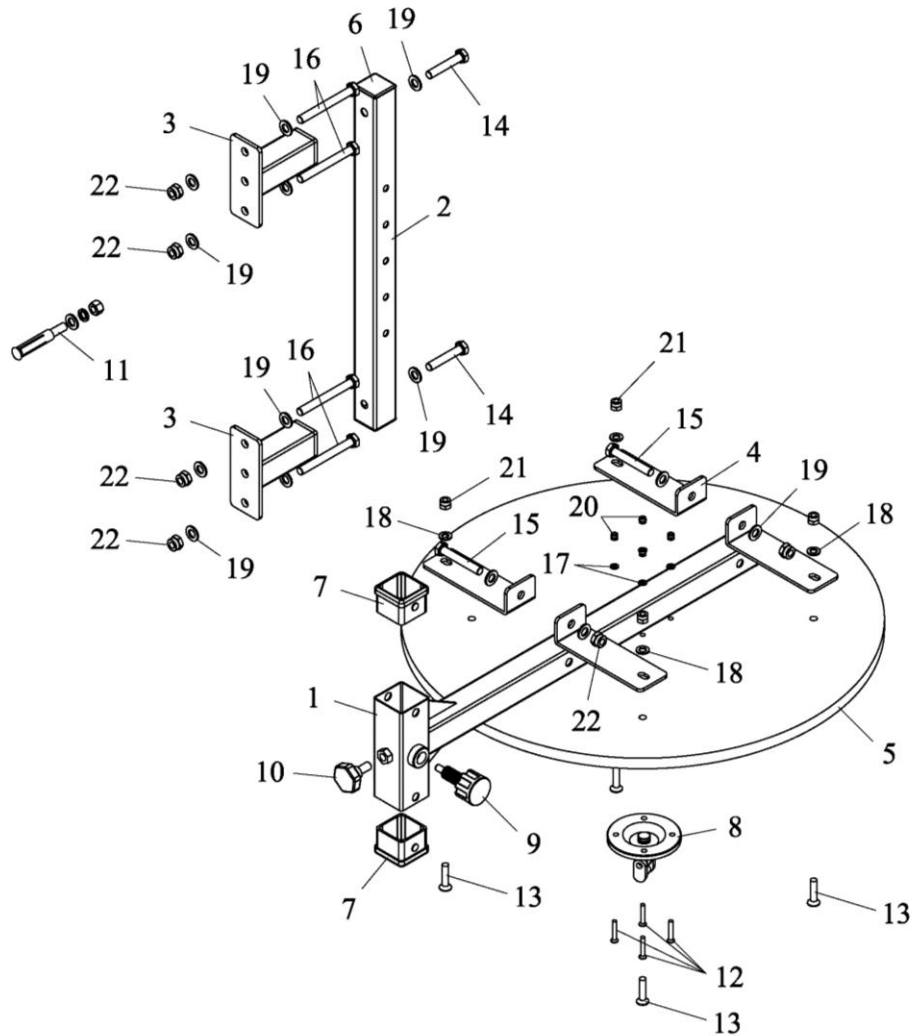
**BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.**

**READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.**

**AFG ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

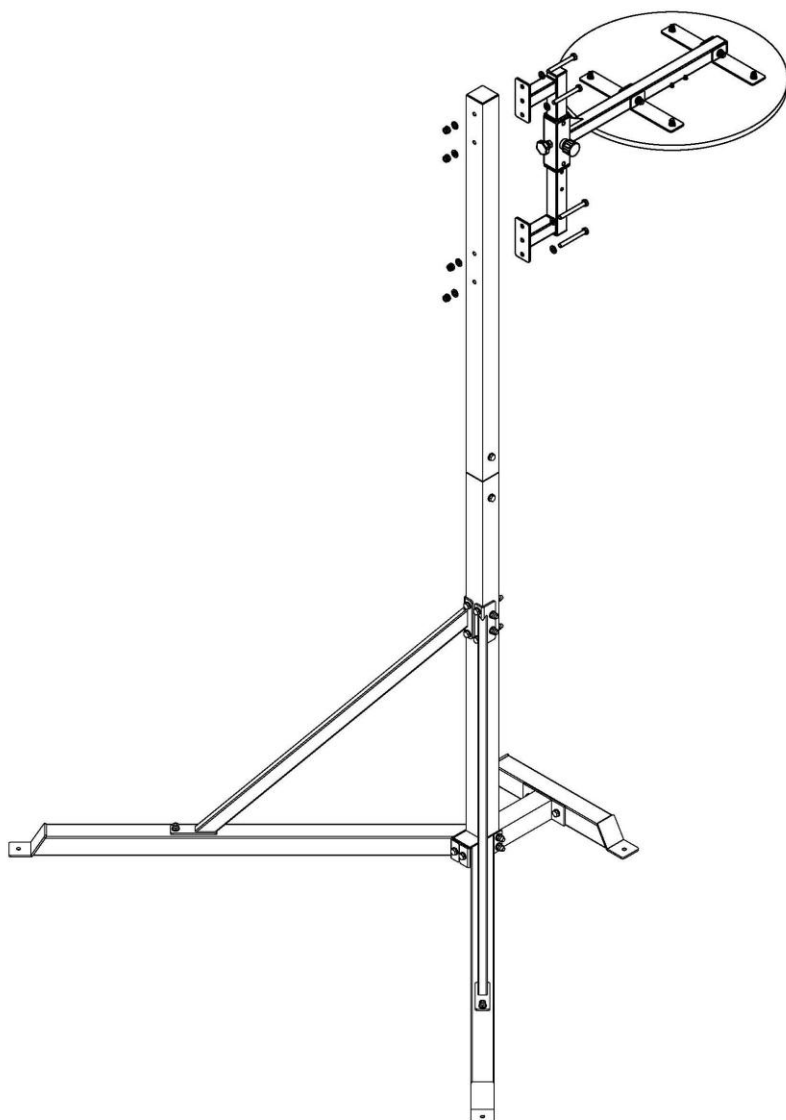
## EXPLODED DIAGRAM



NUMBER	DESCRIPTION	Q'TY
1	MAIN SUPPORT	1
2	SLIDE BAR	1
3	JOINT SUPPORT	2
4	JOINT PLATE	4
5	WOOD PLATE	1
6	SQUARE PLUG	2
7	SQUARE BUSHING	2
8	SPEED BALL SUPPORT	1
9	FAST PIN	1
10	PLASTIC HEAD BOLT	1
11	EXPANSION SCREW	4

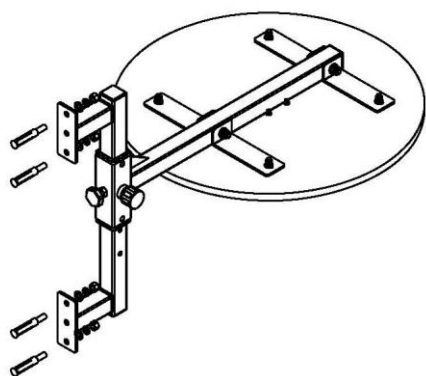
NUMBER	DESCRIPTION	Q'TY
12	CROSS HEAD BOLT M5*30	4
13	CROSS HEAD BOLT M8*30	4
14	BOLT M10*50	2
15	BOLT M10*60	2
16	BOLT M10*85	4
17	WASHER 5	4
18	WASHER 8	4
19	WASHER 10	14
20	LOCK NUT M5	4
21	LOCK NUT M8	4
22	LOCK NUT M10	6

## FASTEN THE RACK



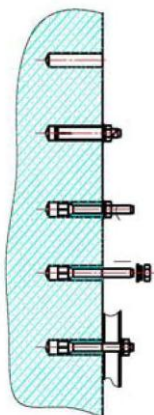
### A

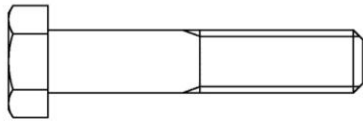
Attach the rack to the stand with bolts M10\*85 (16), washers 10 (19) and lock nuts M10 (22).



### B

1. Punch a hole, no less than 60mm.
2. Place the bolt with cover in the hole.
3. Draw out the inner screw till it's out. (Without the rack)
4. Draw down the nut. The bolt keeps in the wall.
5. Place the rack and screw down the nut.

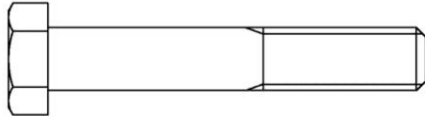




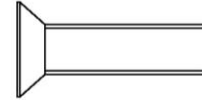
#14 M10 × 50 Hex Head Bolt ( Qty 2 )



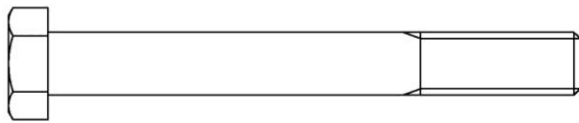
#12 M5 × 30 Cross Head Bolt ( Qty 4 )



#15 M10 × 60 Hex Head Bolt ( Qty 2 )



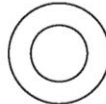
#13 M8 × 30 Cross Head Bolt ( Qty 4 )



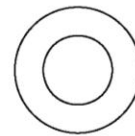
#16 M10 × 85 Hex Head Bolt ( Qty 4 )



#17 Washer 5 ( Qty 4 )



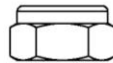
#18 Washer 8 ( Qty 4 )



#19 Washer 10 ( Qty 14 )



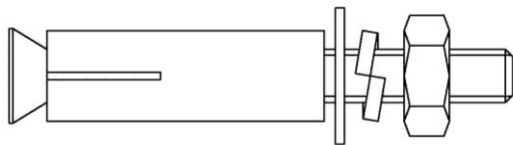
#20 M5 Lock Nut ( Qty 4 )



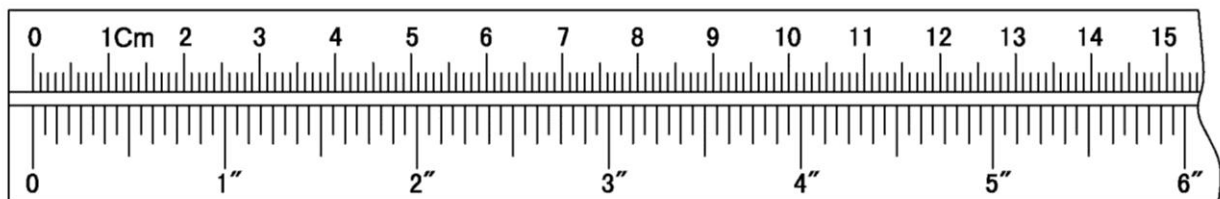
#21 M8 Lock Nut ( Qty 4 )



#22 M10 Lock Nut ( Qty 6 )



#11 Expansion Bolt Set ( Qty 4 )



# **WARRANTY**

## **1 YEAR WARRANTY ON MOVING PARTS (Such as cables and pulleys)**

**ADVANCED FIGHT GEAR, was designed to be the best value Fight Equipment for home use and proudly set the benchmark for our home use equipment around the world. Offering one of the best warranties on the market for your peace of mind, each piece of ADVANCED FIGHT GEAR strength equipment is hand crafted for quality and we use state-of-the-art production methods for our entire range. The ADVANCED FIGHT GEAR range of strength equipment carries a Lifetime Structural Warranty along with 1 year cover on all cables and pulleys. This warranty applies to first owners and does not cover second hand equipment or re-sold equipment. This ADVANCED FIGHT GEAR warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during normal home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, mis-application, alteration or improper assembly of the product. This warranty does not cover the use or failure of equipment in studio commercial applications. The replacement or repair provided for under the ADVANCED FIGHT GEAR warranty is the responsibility of the user and the customer will be responsible for any freight charges applicable. ADVANCED FIGHT GEAR will not be liable for any consequential damages or for breach of any implied warranty on the range of ADVANCED FIGHT GEAR strength equipment. ADVANCED FIGHT GEAR reserves the right to provide reconditioned parts and/or to request a return and repair existing defective parts on the ADVANCED FIGHT GEAR product.**