

GOLD'S[®] GYM

Corner Boxing Rack

Model No. GACR02

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

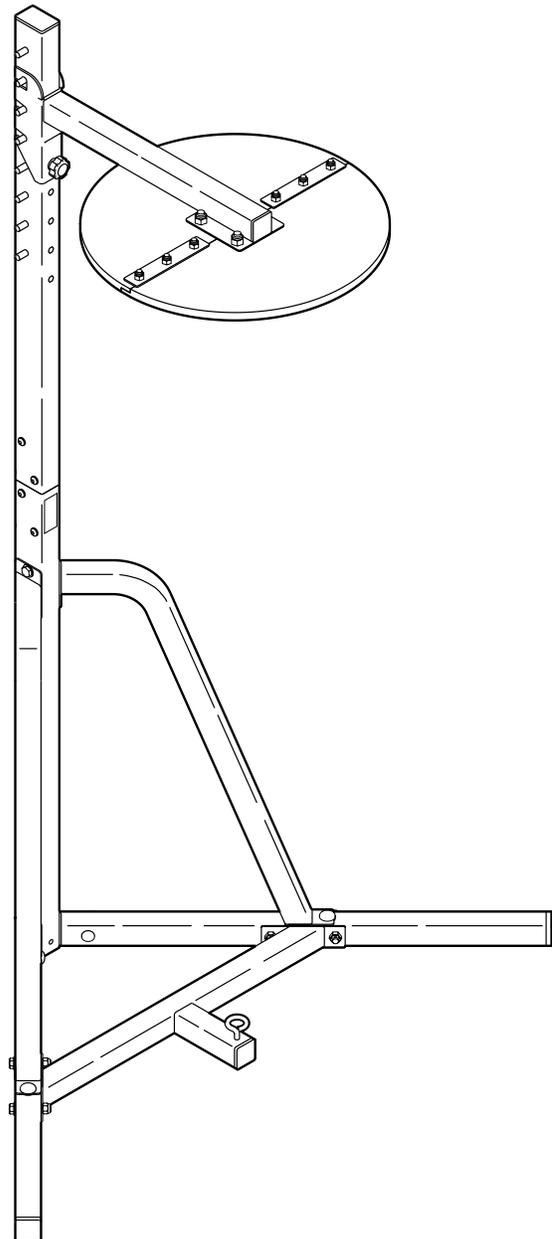
TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-800-288-4802
Mon.–Fri., 8 a.m.–5 p.m. CST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



GOLD'S[®] GYM

Corner Boxing Rack

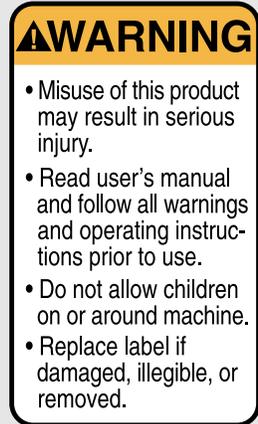
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Important Precautions

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the GOLD'S GYM® CORNER BOXING RACK.

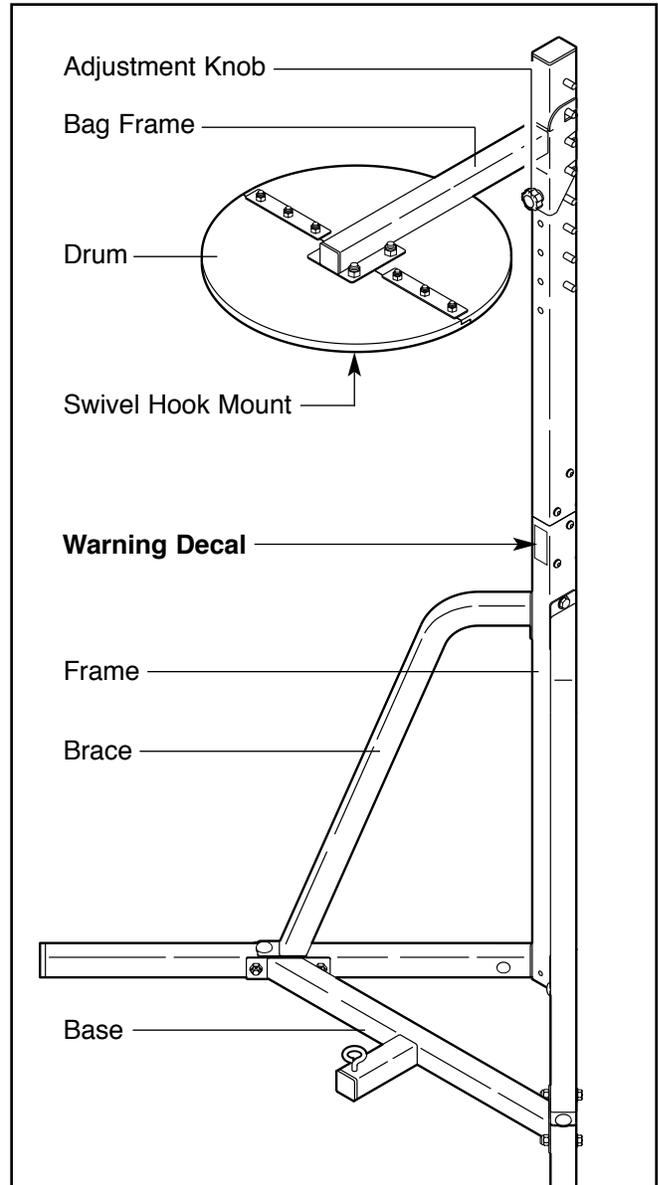
1. Read all instructions in this manual before using the CORNER BOXING RACK.
2. Use the CORNER BOXING RACK only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the CORNER BOXING RACK are informed of all precautions.
4. The CORNER BOXING RACK is intended for home use only. Do not use the CORNER BOXING RACK in a commercial, rental, or institutional setting.
5. Keep children under the age of 12 away from the CORNER BOXING RACK at all times.
6. Learn correct technique before using the CORNER BOXING RACK. Always wear the proper protective gear for your hands and wrists while using the CORNER BOXING RACK. Using the CORNER BOXING RACK without correct technique or the proper gear could result in serious injury.
7. If you feel faint, dizzy, or short of breath while using the CORNER BOXING RACK, stop immediately and cool down.
8. The decal shown at the right has been placed on the CORNER BOXING RACK in the location shown on page 4. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-288-4802 and ask for a free replacement decal. Apply the decal in the location shown.



Before You Begin

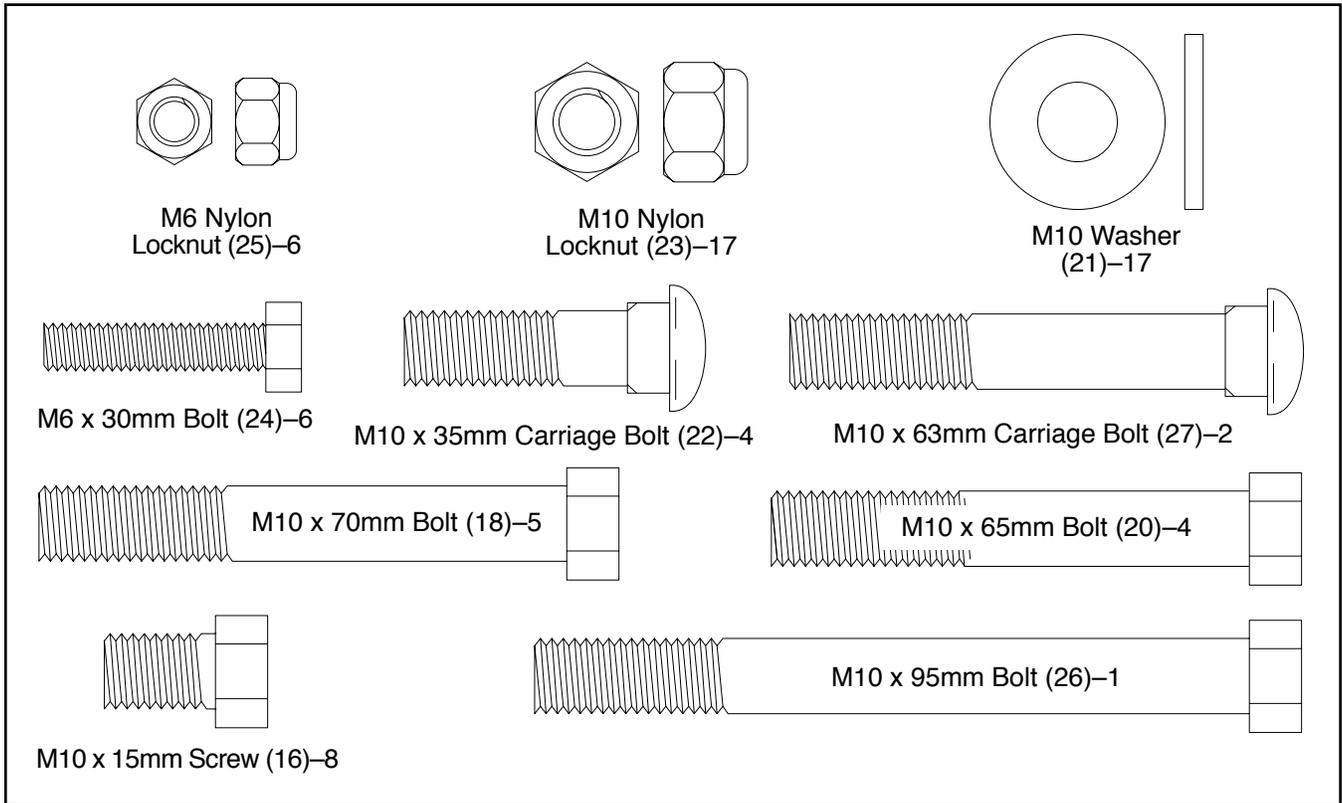
Congratulations for purchasing the new GOLD'S GYM® CORNER BOXING RACK. The CORNER BOXING RACK is designed to be used with a punching bag or a speed bag to develop speed, accuracy, and timing while toning the upper-body muscles. (Note: The CORNER BOXING RACK does not include a punching bag or a speed bag.) Used as part of a fitness program that includes regular aerobic exercise and a proper diet, the CORNER BOXING RACK will help you to look better, feel better, and enjoy the benefits of better fitness.

Before using the CORNER BOXING RACK, please read this manual carefully. If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-800-288-4802, Monday through Friday, 8 a.m. until 5 p.m. Central Time (excluding holidays). Please mention the product model number (GACR02) when calling.



Assembly

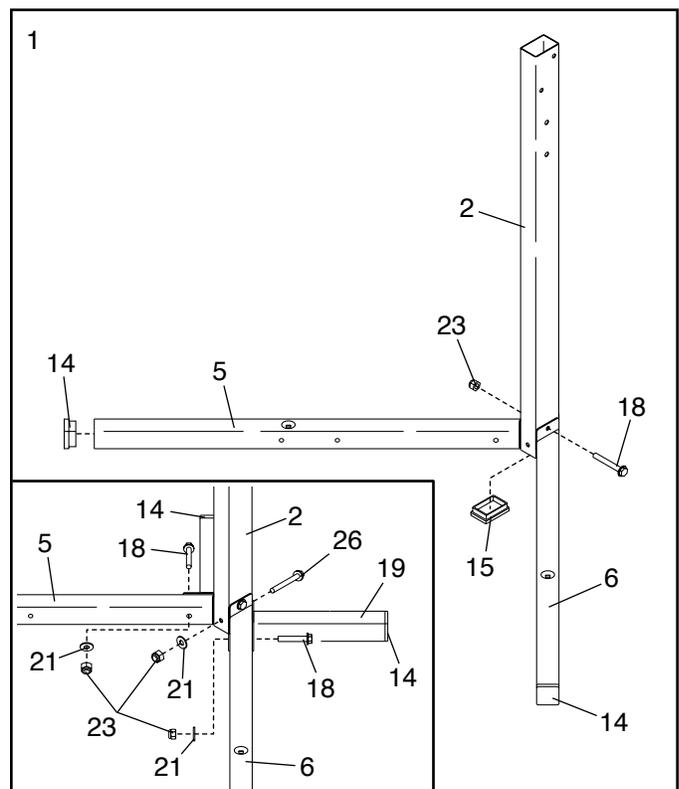
Assembly requires two persons. Place all parts of the CORNER BOXING RACK in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed. Assembly requires two adjustable wrenches (not included).**



1. Press a Large Plastic Cap (15) into the lower end of the Lower Frame (2). Press a 50mm Square Plastic Cap (14) into each Base (5, 6).

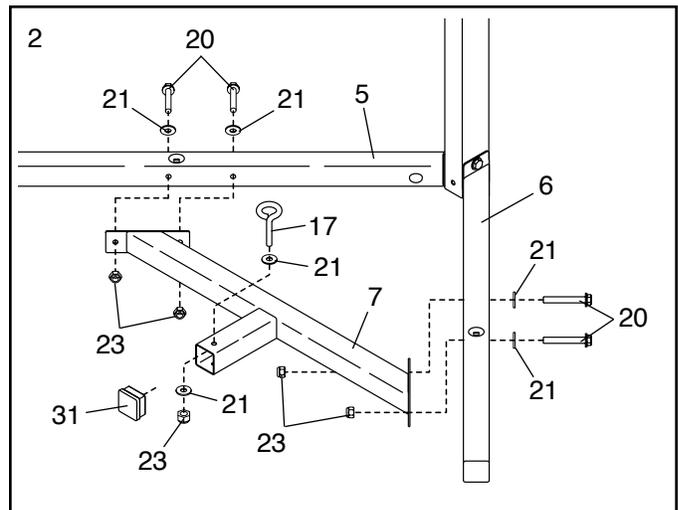
Hold the Left and Right Bases (5, 6) against the Lower Frame (2) as shown. Attach the Bases to the Lower Frame with an M10 x 70mm Bolt (18) and an M10 Nylon Locknut (23). **Do not tighten the Nylon Locknut yet.**

See the inset drawing. The CORNER BOXING RACK is designed to be placed in the corner of a room. If you do not plan to use the CORNER BOXING RACK in a corner, the Rear Base (19) should be attached. Position the Rear Base against the Lower Frame (2) as shown. Attach the Rear Base to the Lower Frame with the M10 x 95mm Bolt (26), an M10 Washer (21), and an M10 Nylon Locknut (23). **Do not tighten the Nylon Locknut yet.** Next, attach the Rear Base to the Left and Right Bases (5, 6) with two M10 x 70mm Bolts (18), two M10 Washers (21), and two M10 Nylon Locknuts (23). **Do not tighten the Nylon Locknuts yet.** Press two 50mm Square Plastic Caps (14) into the Rear Base.



- Press a Small Plastic Cap (31) into the Center Base (7). Attach the Eyebolt (17) to the Center Base with an M10 Nylon Locknut (23) and two M10 Washers (21) as shown.

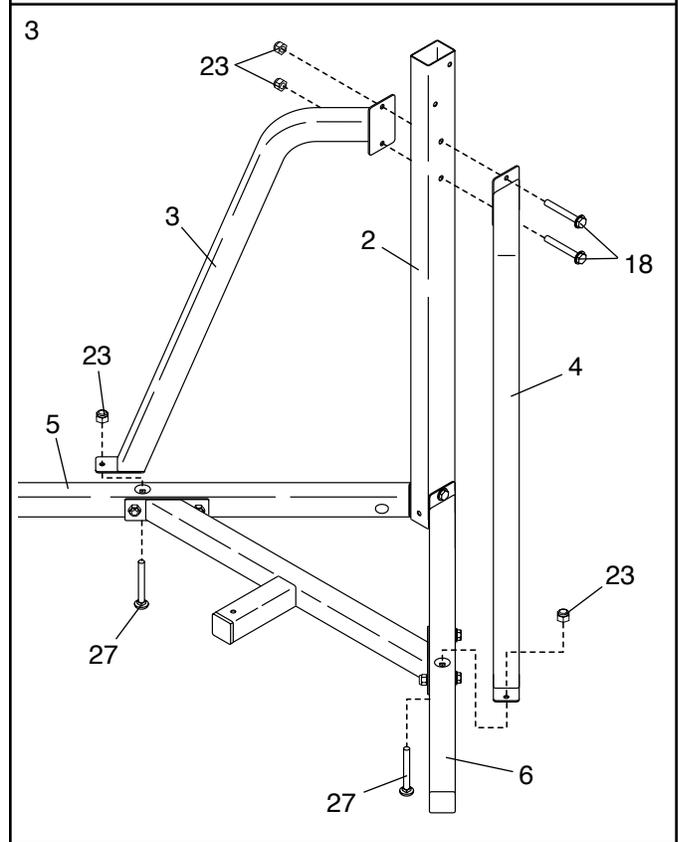
Attach the Center Base (7) to the Left and Right Bases (5, 6) with the four M10 x 65mm Bolts (20), four M10 Washers (21), and four M10 Nylon Locknuts (23). **Do not tighten the Nylon Locknuts yet.**



- Hold the Left and Right Braces (3, 4) against the Lower Frame (2) and the Left and Right Bases (5, 6). Attach the Braces to the Lower Frame with two M10 x 70mm Bolts (18) and two M10 Nylon Locknuts (23). **Do not tighten the Nylon Locknuts yet.**

Tip the Lower Frame (2) and attach the Braces (3, 4) to the Bases (5, 6) with the two M10 x 63mm Carriage Bolts (27) and two M10 Nylon Locknuts (23).

Tighten all of the M10 Nylon Locknuts (23) used in steps 1, 2, and 3.

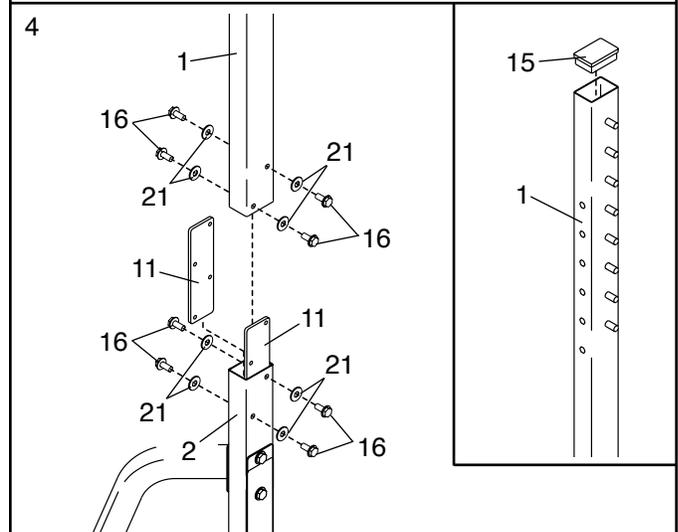


- See the inset drawing. Press the Large Plastic Cap (15) into the top of the Upper Frame (1).

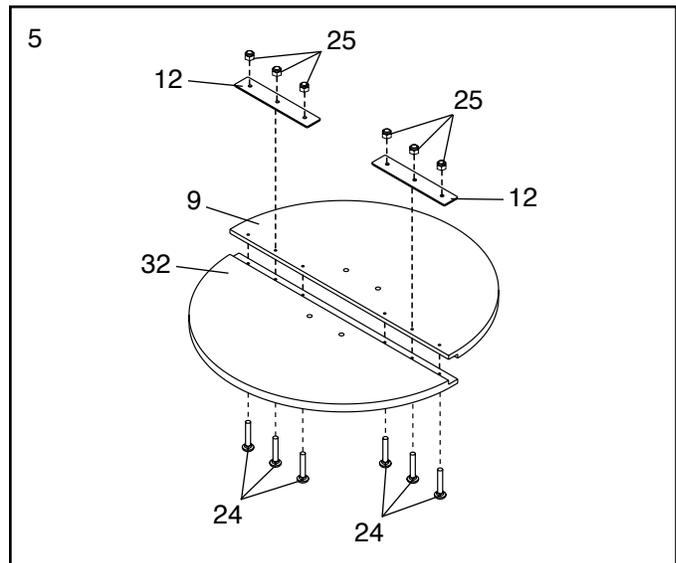
Hold one of the Large Plates (11) inside of the Lower Frame (2) as shown. Insert two M10 x 15mm Screws (16) with M10 Washers (21) into the right side of the Lower Frame and finger tighten them into the Large Plate. Attach the other Large Plate (11) inside of the Lower Frame in the same way.

Slide the Upper Frame (1) onto the two Large Plates (11). Insert four M10 x 15mm Screws (16) with M10 Washers (21) into the Upper Frame and finger tighten them into the Large Plates.

Tighten all eight M10 x 15mm Screws (16).

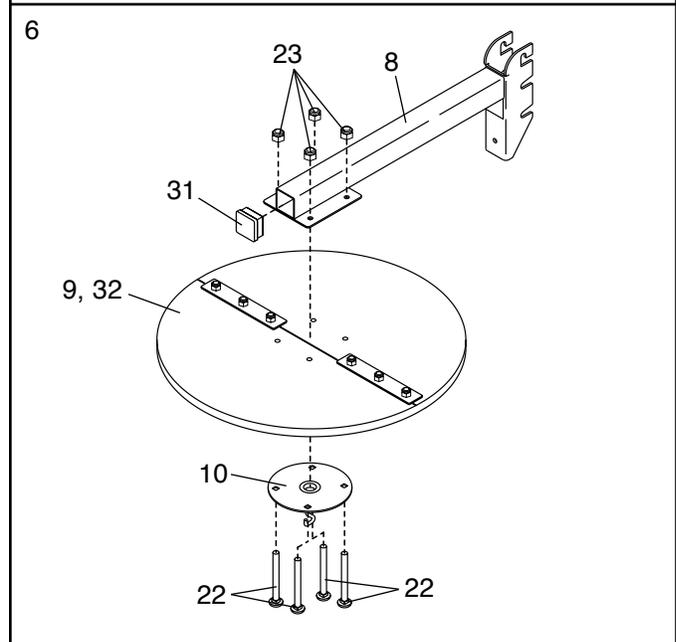


- Fit the two Drum Sections (9, 32) together as shown. Orient the Drum Sections so that the chamfered holes are facing down. Connect the Drum Sections with the six M6 x 30mm Bolts (24), the two Small Plates (12), and the six M6 Nylon Locknuts (25) as shown.



- Attach the Swivel Hook Mount (10) and the Drum Sections (9, 32) to the Bag Frame (8) with the four M10 x 35mm Carriage Bolts (22) and four M10 Nylon Locknuts (23).

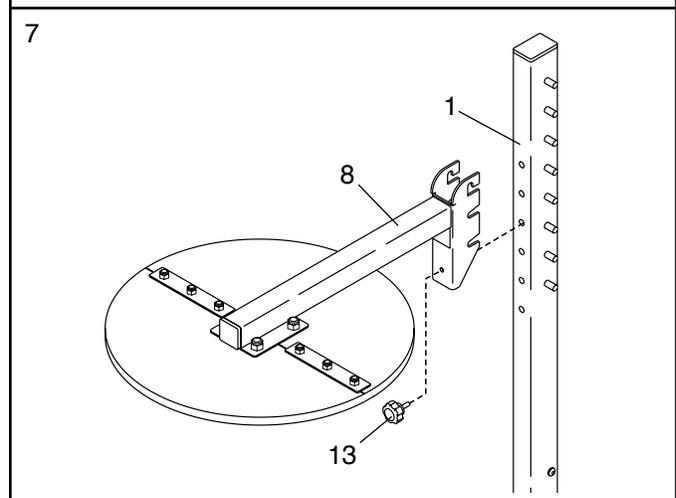
Press a Small Plastic Cap (31) into the Bag Frame (8).



- Slide the Bag Frame (8) onto the desired pins on the Upper Frame (1). Insert the Adjustment Knob (13) into the Bag Frame and tighten it into one of the adjustment holes in the Upper Frame.

Make sure that all parts are properly tightened before the CORNER BOXING RACK is used.

If the CORNER BOXING RACK does not sit evenly on your floor, attach one or both of the included rubber feet (not shown) to the base.

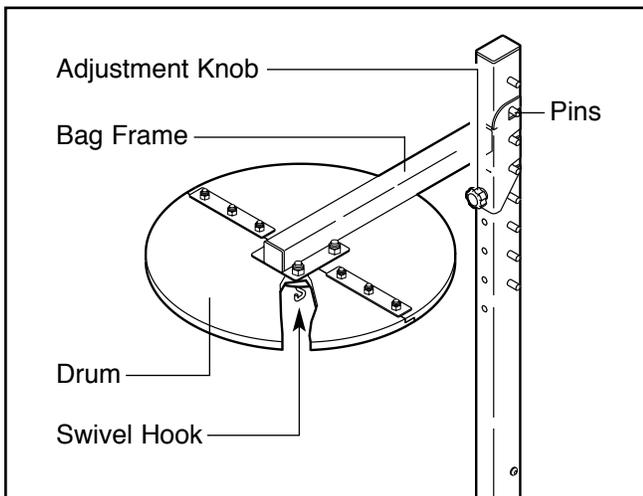


How to Use the Corner Boxing Rack

⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

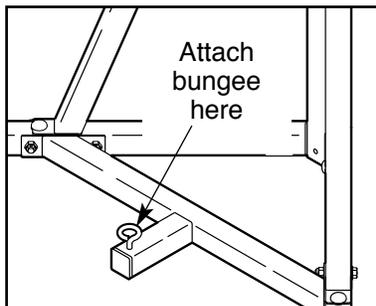
HOW TO ADJUST THE CORNER BOXING RACK

To adjust the height of the CORNER BOXING RACK, first remove the adjustment knob. Next, raise the drum and the bag frame and slide the bag frame off the pins on the upper frame. Raise or lower the bag frame to the desired height, and slide the bag frame onto the desired pins on the upper frame. Then, reattach and tighten the adjustment knob.



HOW TO ATTACH A SPEED BAG OR A PUNCHING BAG

Slide your speed bag or punching bag securely onto the swivel hook (see the drawing above). If there is a bungee on the bottom of your punching bag, attach it to the eyebolt on the CORNER BOXING RACK.



PROTECTING YOUR HANDS

When using a speed bag or a punching bag, protect your hands with a good pair of boxing gloves or bag gloves. Do not skimp—purchase the best you can afford. It is not worth saving a few dollars and ending up with an injury. A pair of 16-ounce boxing gloves is recommended. The additional padding will protect your hands and will reduce the trauma to your wrist, elbow, and shoulder joints. For added protection, some people wrap their hands with cotton wraps like those used by boxers. Other people feel that if they need to wrap their hands, they are hitting too hard.

HOW TO USE A SPEED BAG

Among the best equipment for developing speed, accuracy, and timing is the time-tested speed bag. However, learning to use a speed bag requires practice and patience.

To use a speed bag, stand with your feet parallel to each other at a comfortable distance apart. Start by hitting the bag with one hand. A backhand punch is recommended (the backhand punch is applied with the meaty part of the hand between the wrist and the base of the little finger). Make sure to hit the bag straight. One of the most valuable features of the bag is that it forces you to hit it directly and crisply so that it returns to you. After you strike the bag, let it hit the far side of the drum, then let it hit the near side of the drum, and then hit it again when it is halfway back to the far side of the drum. Try to keep your body still, with your striking hand making smaller and smaller circles after each strike. If desired, use both hands to punch the bag the first few times you use it.

For an alternate rhythm, strike the speed bag, allow it to hit the drum three times, and then strike it again as it comes off the far side of the drum. From there, work up to striking the bag every time it hits the drum. Once you have established a steady rhythm, increase your pace. When you can comfortably maintain a faster pace, start switching rhythms. For example, strike the speed bag three times with your left hand and then once with your right hand. As you become more skillful at switching rhythms, you will find your body moving with the rhythms.

Remember to keep your hands up. You cannot hit the speed bag if you punch from your hips because you cannot react quickly enough. In addition, you will not be able to protect your face from the oncoming bag.

HOW TO USE A PUNCHING BAG

A punching bag is for building upper-body strength and power as well as for learning proper technique. There are many important things to remember when using a punching bag. In the beginning, combining all aspects will be a challenge. Try to master one aspect at a time.

Hang your punching bag so that the top is slightly higher than the top of your head. This will allow you to practice your punches from a crouch and practice punching a target that is taller than you.

When throwing a punch, keep your muscles loose and “snap” your punches out. Do not tighten your muscles; doing so will tire you and decrease your speed. Keep your power at the ends of your punches—when your fist strikes the bag, your arm should be fully extended. Doing this will give your punches more leverage and therefore more power.

Hit the bag with your top knuckles rather than your finger knuckles. This will make your punches more solid and will decrease the chances of injury. Many boxers make the mistake of slapping their punches, hitting with the knuckles of their fingers. Their fingers then act as shock absorbers, and their punches are not solid.

Stay on the balls of your feet to maintain balance. Never rest on your heels, because if you receive a solid blow, you will be knocked backwards or even down.

Always vary your combinations of punches. If a boxer throws the same combination of punches every time, an opponent could anticipate this and form a counter combination. Try to be unpredictable.

When you are starting out, two useful methods of punching are gut-level punching and using technique, or snapping your punches. Alternate between these methods.

Gut-level punching is one of the best ways to access your power. Keep your wrists absolutely straight, and punch the bag as hard as you can, without thinking about technique. Try to punch through the bag, instead of punching at it or pushing it with punches. Use gut-level punching to find out how much power you have and how it feels to use power.

Learning to snap your punches teaches you to control your power and allows you to get greater fitness rewards from your workout. Focus on technique and form. Make sure that your feet are in the correct stance, that your shoulders are back and down, and that your hips are underneath your shoulders. Do not lean forward from your waist to punch. Instead, consciously bring your shoulder blades together. This will help you learn to punch from your back, thus strengthening those muscles. Maintain conscious contact with the floor through your feet. Snap your punches at the bag, trying to get power from your body, hips, and legs rather than from just your shoulders. Practice punching as fast as you can without compromising technique.

Do a set number of rounds when working out with a punching bag. Each round can be one, two, or three minutes long. Play music that is about the length of a round or use a timer. Do not look at a clock because doing so will distract you. To get the most out of each workout, focus on a different skill during each round. Remember to use the whole bag—punch high, punch low, throw hooks to the side, and, if the bag is a smaller one, deliver uppercuts. Give the punching bag everything you have—hit it with quick punches, move around it, push it, slip it, let it hit you, release stored emotion with hard punches—there are endless possibilities.

There are many drills that can be done with a punching bag. For example, move around the bag with your jab. When you move left, step first with your left foot; when you move right, step first with your right foot. Jab every time you take a step, or every other time. Jab low and high. Or, move around the bag with a one-two combination. Move in on the bag with your jab, and then move away from the bag with your jab. While you are inside, keep your hands up, guarding your head and face. Do a series of hooks and short, powerful straight punches, keeping your hands up between punches.

Another drill is to deliver rapid-fire punches for 15 to 30 seconds, rest for the same length of time, and then repeat. Or, make the bag swing back and forth or side to side. Either stop its momentum with your punches or slip its impact and catch it from the side with well-timed hooks. Practice shifting your weight correctly between punches.

When a person first stands in front of a punching bag, technique is often ignored. The person hurls himself at the bag, trying to give it everything he has—sometimes missing completely. Following are habits to avoid:

Exaggerating movements in order to hit harder—Always concentrate on clean, proper body mechanics while practicing. Careless movements will not allow you to hit harder; they will only increase the likelihood of injury and keep you from landing punches effectively. Do not focus only on hitting hard; hit properly and power will come naturally.

Telegraphing your intentions—Avoid giving obvious signals prior to throwing a punch. For example, do not cock your fist back before throwing a punch.

Not protecting yourself at all times—Because the punching bag is a large, defenseless target, it is easy for you to develop bad habits. Remember to keep your hands up and to protect yourself at all times. Move into range, hit the bag, and then move out of range. Imagine that the bag is an opponent trying to hit you.

Pushing the bag instead of hitting it—A common mistake when hitting a punching bag is following through too deeply and pushing the bag rather than hitting it. A punch accelerates from the time you start it until the time your arm is fully extended. The farther your arm moves, the faster and more powerful your punch will be. Strike the bag at a point near full extension, penetrating the surface of the bag no more than a few inches so that a popping sound is heard on impact. **Be careful never to lock out or hyperextend your joints upon impact or upon missing the bag.**

Holding your breath—When people exert themselves, they often hold their breath. However, doing this reduces endurance by starving the body of oxygen when it needs it the most. In addition, holding the breath increases thoracic pressure and can cause injuries. Exhale as you hit. This will prevent you from holding your breath and will enhance your power because you will be tensing your torso muscles.

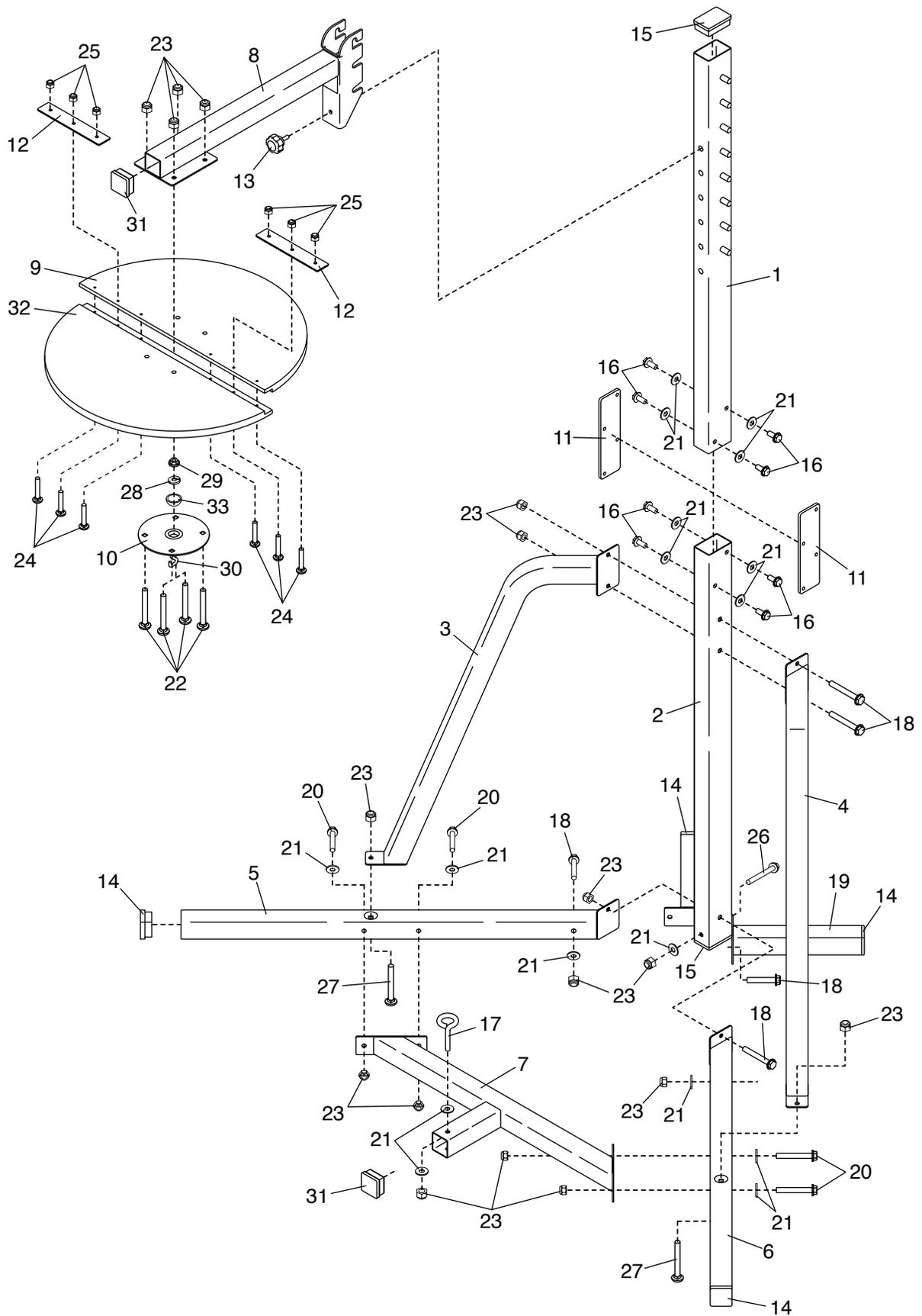
Part List—Model No. GACR02

R1002A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Upper Frame	20	4	M10 x 65mm Bolt
2	1	Lower Frame	21	17	M10 Washer
3	1	Left Brace	22	4	M10 x 35mm Carriage Bolt
4	1	Right Brace	23	17	M10 Nylon Locknut
5	1	Left Base	24	6	M6 x 30mm Bolt
6	1	Right Base	25	6	M6 Nylon Locknut
7	1	Center Base	26	1	M10 x 95mm Bolt
8	1	Bag Frame	27	2	M10 x 63mm Carriage Bolt
9	1	Drum Section, Upper	28	1	M10 Spring Washer
10	1	Swivel Hook Mount	29	1	M8 Nylon Locknut
11	2	Large Plate	30	1	Swivel Hook
12	2	Small Plate	31	2	Small Plastic Cap
13	1	Adjustment Knob	32	1	Drum Section, Lower
14	4	50mm Square Plastic Cap	33	1	Swivel
15	2	Large Plastic Cap	*	2	Rubber Foot
16	8	M10 x 15mm Screw	*	1	User's Manual
17	1	Eyebolt			
18	5	M10 x 70mm Bolt			
19	1	Rear Base			

*Non-illustrated part.

Specifications are subject to change without notice.



Ordering Replacement Parts

To order replacement parts, call our Customer Service Department toll-free at 1-800-288-4802, Monday through Friday, 8 a.m. until 5 p.m. Central Time (excluding holidays). To help us assist you, please be prepared to provide the following information:

- The MODEL NUMBER of the product (GACR02)
- The NAME of the product (GOLD'S GYM® CORNER BOXING RACK)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the Part List on page 10 and the Exploded Drawing on page 11)

Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813