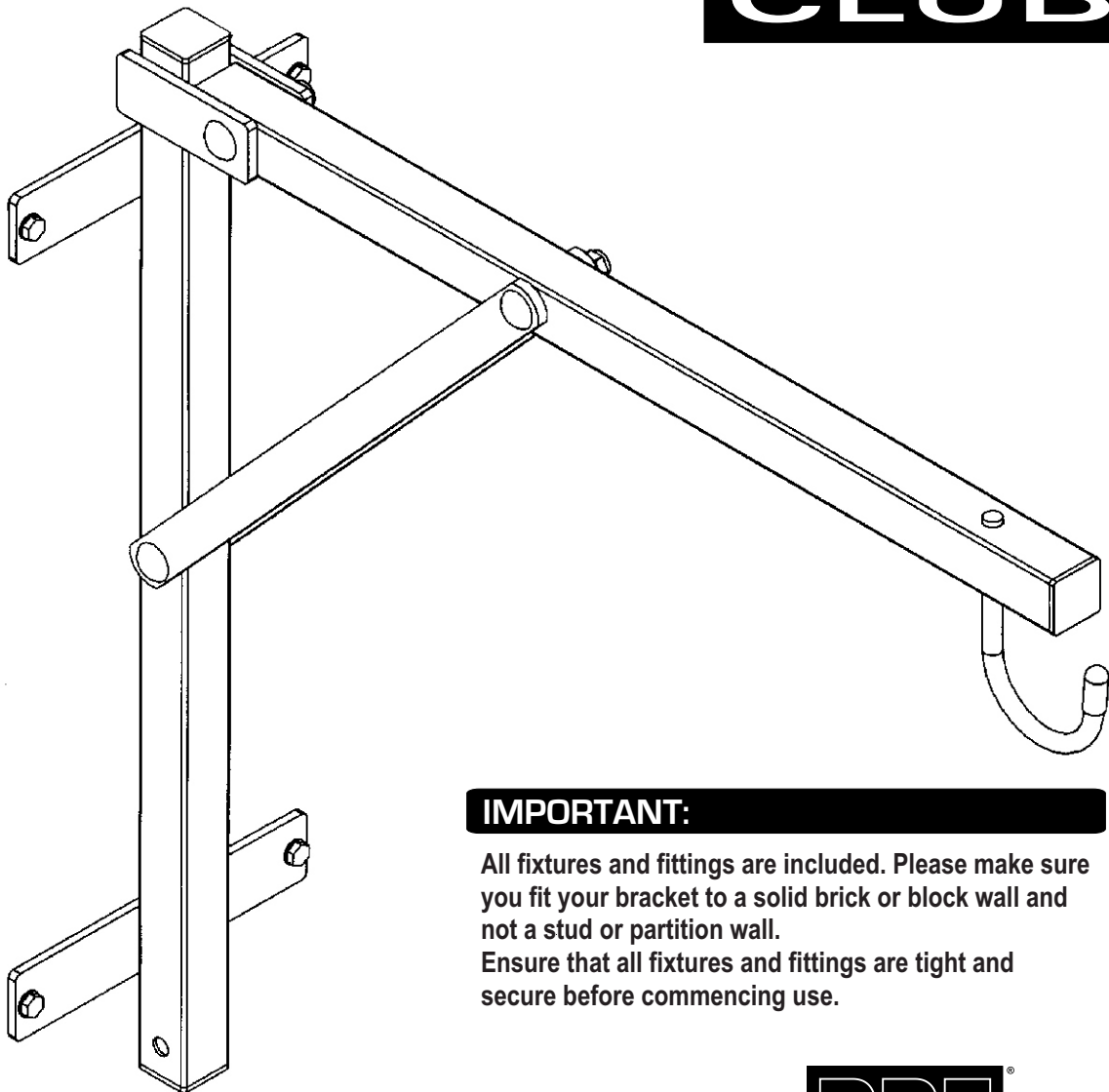


# FOLDING PUNCHBAG BRACKET



## IMPORTANT:

All fixtures and fittings are included. Please make sure you fit your bracket to a solid brick or block wall and not a stud or partition wall. Ensure that all fixtures and fittings are tight and secure before commencing use.

## WARNINGS:

York Barbell (UK) Limited accept no responsibility for injury sustained through misuse, or failure to follow assembly instructions. Always wear hand protection (handwraps or punching mitts) when using the Punchbag. Regularly check fixings and replace moving parts when signs of wear and tear appear.

1. Always consult your doctor before undertaking any exercise program.
2. After eating allow 1 to 2 hours prior to exercising.
3. Always warm up well before exercising as this will prevent straining muscle.
4. Keep yourself warm while exercising.
5. Remove jewellery, rings, chains and pins before exercising.
6. Injuries to health may result from incorrect or excessive training.
7. Breathing is very important - you should not hold your breath when exercising.

## CARE & MAINTENANCE:

Regularly check for signs of wear and tear.

### YOU WILL NEED:

- 1 x ELECTRIC DRILL
- 1 x SCREWDRIVER
- 1 x MASONRY BIT 10 mm
- 1 x HAMMER
- 1 x ADJUSTABLE SPANNER

SHOULD YOU REQUIRE ASSISTANCE REGARDING WORN, MISSING OR DEFECTIVE PARTS PLEASE CONTACT OUR HELPLINE.



07/09/05

Distributed by:

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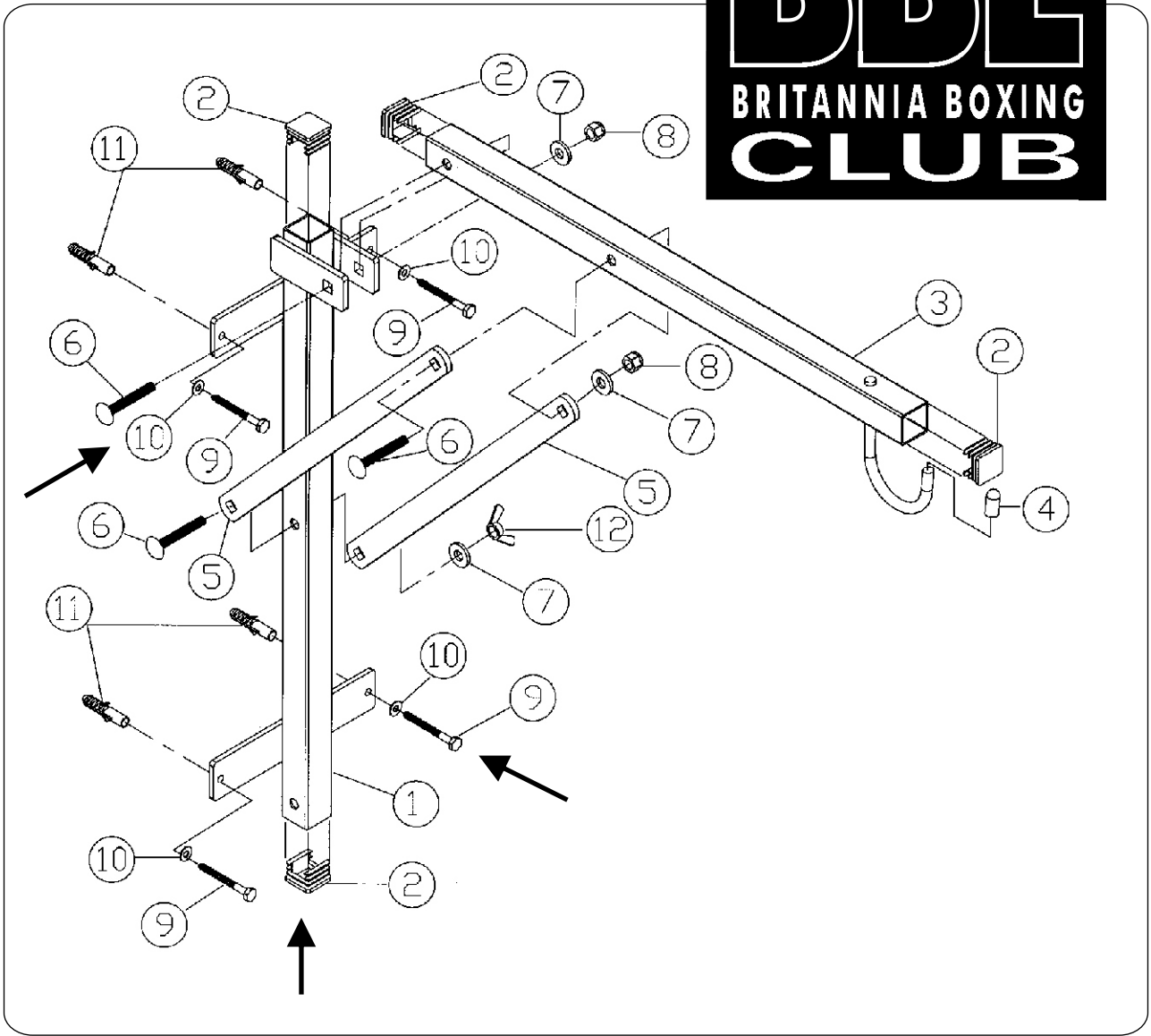
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[www.yorkfitnessworldwide.com](http://www.yorkfitnessworldwide.com)



**DESCRIPTION:**



**PARTS LIST:**

	<b>PART NO.</b>	<b>Q'TY</b>	<b>DESCRIPTION</b>
1	BBE 107 -01	1	MAIN SUPPORT W/ WALL BRACKET
2	BBE 107 -02	4	30mm X 30mm SQ. INTERNAL END CAP
3	BBE 107 -03	1	TOP EXTENSION ARM
4	BBE 107 -04	1	HOOK CAP
5	BBE 107 -05	2	SIDE SUPPORT ARM
6	BBE 107 -06	3	3/8" X 59mm CARRIAGE BOLT
7	BBE 107 -07	3	10.2mm 23mm X 2.8mm FLAT WASHER
8	BBE 107 -08	2	3/8" NYLON LOCKNUT
9	BBE 107 -09	4	1/4" X 2 1/2" CSK HEX / D SCREW
10	BBE 107 -10	4	1/4" X 14mm X 1mm FLAT WASHER
11	BBE 107 -11	4	DNP SCREW PLUG ( Ø10mm X 50mm )
12	BBE 107 -12	1	3/8" WING NUT