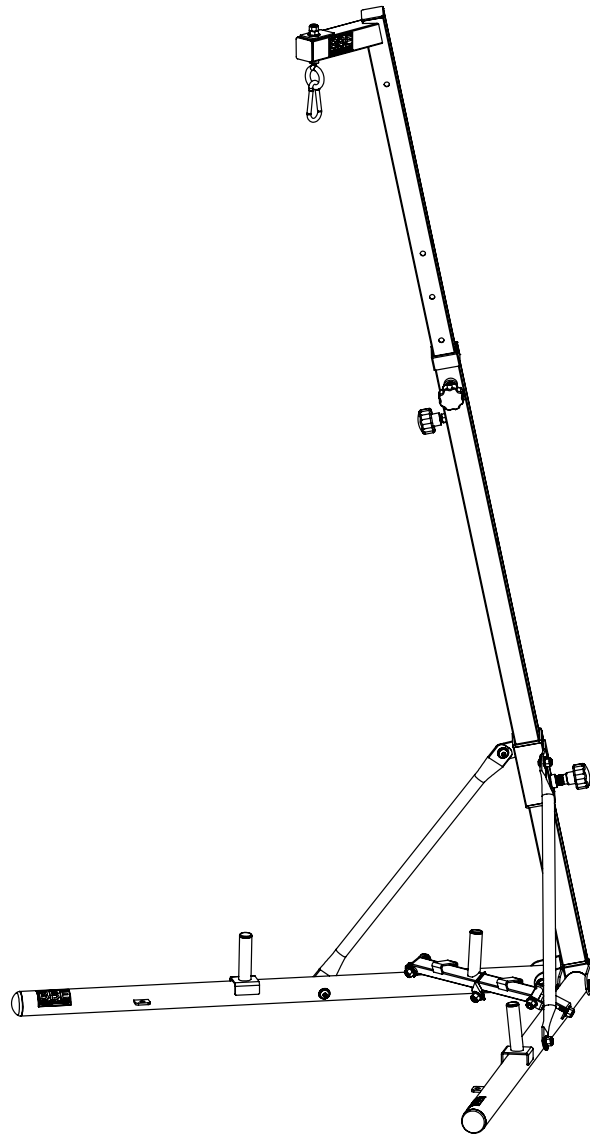


owner's manual

www.bbe-boxing.com

BBE[®]
BRITANNIA BOXING

27Aug2010



BBE425

Height adjustable folding punch bag stand

Congratulations on purchasing a stand from Britannia Boxing.

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new product. For more information visit www.bbe-boxing.com

contents

safety information	04
customer support	05
assembly instructions	06
attachments (not supplied)	13
user adjustments	14
exploded diagrams and parts list	16
your warranty	18



safety information

www.bbe-boxing.com

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY - THIS LIST IS NOT EXHAUSTIVE.

- Assemble the product on a level surface
- You will need at least one person to help you assemble this unit.
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space on each side and front (the back can be near to a wall).
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Injuries to health may result from incorrect or excessive training.
- Never overload the equipment - the maximum user load is displayed below and on the product label.
- We recommend that you do not lift weights alone. There should be somebody there to assist you.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.

Safety Standards

This stand meets the requirements of British and EU safety standards EN957 part 1 Therefore the product carries the following mark:



Maximum Weight Limits

Punch bag 30Kg

Tools and consumables

1x Spanner (17mm)
1x Allen key (6mm)

This product is not suitable for therapeutic purposes.



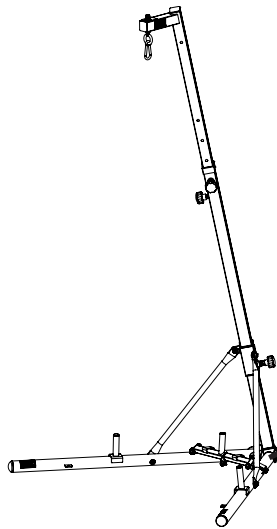
It is important that you keep these instructions for future reference.

Customer Support

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect

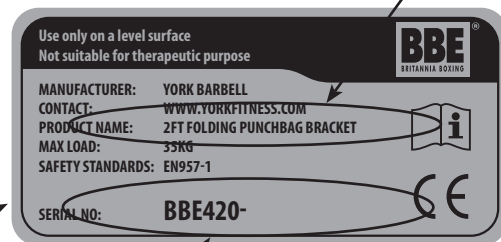
IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.



Care & Maintenance

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Product's Name



Serial Number

This product label is an example only, it is not the real serial number of the item you have bought.

Contact Us

ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com > Select "customer Support"

York Barbell (UK) Ltd.

York Way, Daventry,
England, NN11 4YB

Tel: 0844 255 3112

England Warranty Registration

www.yorkfitness.com > Select "Customer Support"

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au > Select "contact Us"

York Fitness Australia

1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566

Tel: 1800 730 149

Australia Warranty Registration

www.yorkfitness.com.au > Select "Warranty Registration"

assembly instructions

www.bbe-boxing.com

1. Before you start

1. **Prepare your work area** - it is important you assemble the product in a clean and uncluttered space.
2. **Work with a friend** - we recommend you have someone assist you with the assembly as some of the components are quite heavy.
3. **Open the carton** - checking any warnings on the carton and make sure you have it the right way up.
4. **Unpack the carton**
 - a. Remove all the parts and lay them out on the floor
 - b. Make sure you have the following parts:

1 1x Lower mount assembly

2 1x Right stabilizer

3 1x Left stabilizer

4 1x Upper adjust assembly

5 1x Lower adjust assembly

6 1x Main upright

7 2x Support tube

12 1x Eye bolt (M10)

17 2x Pull/twist hand wheel

18 1x Hand wheel (male)

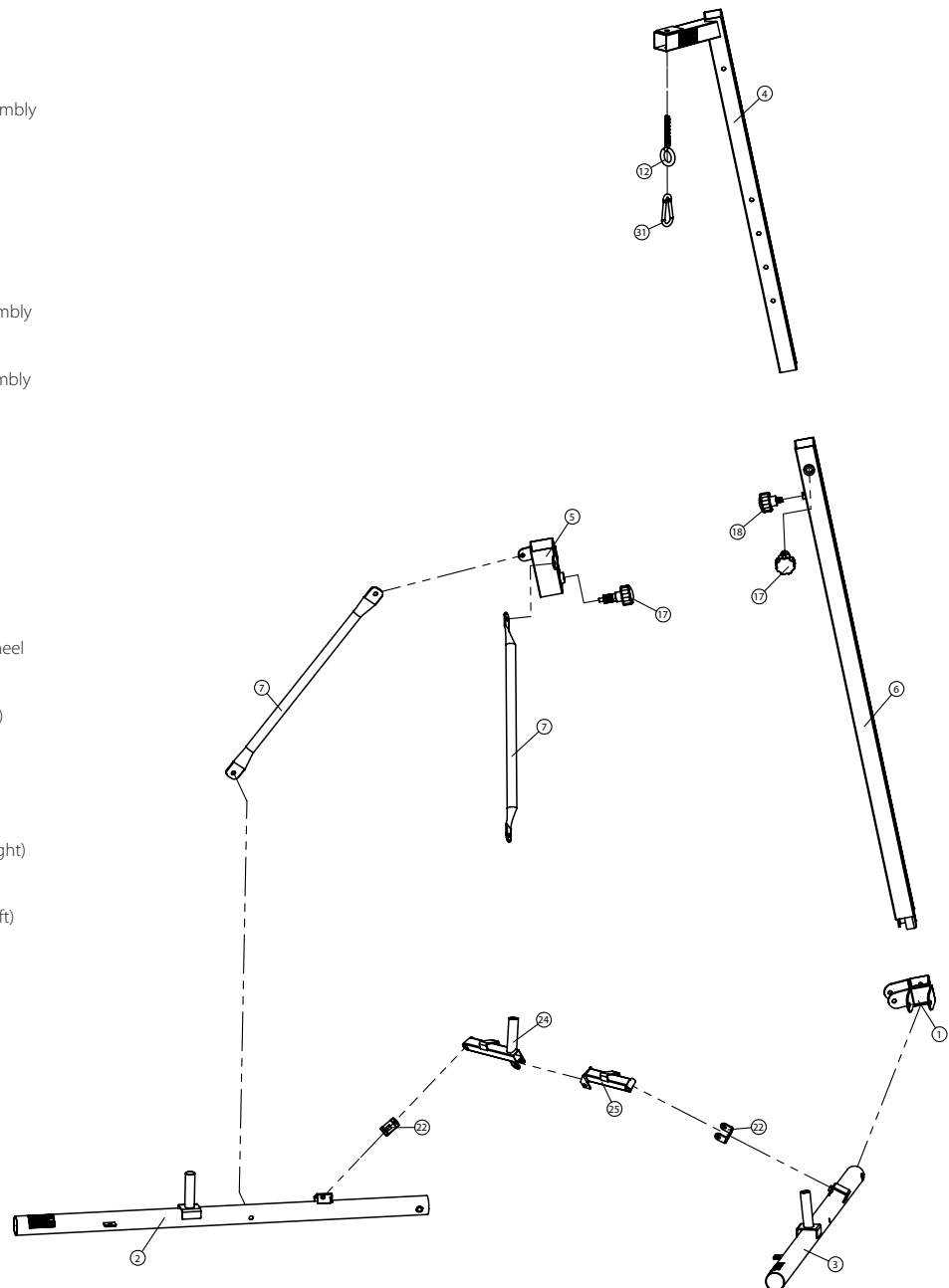
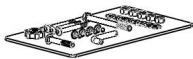
22 2x Pivot bracket

24 1x Brace assembly (right)

25 1x Brace assembly (left)

31 1x Snap hook

1x Blister pack of fixings






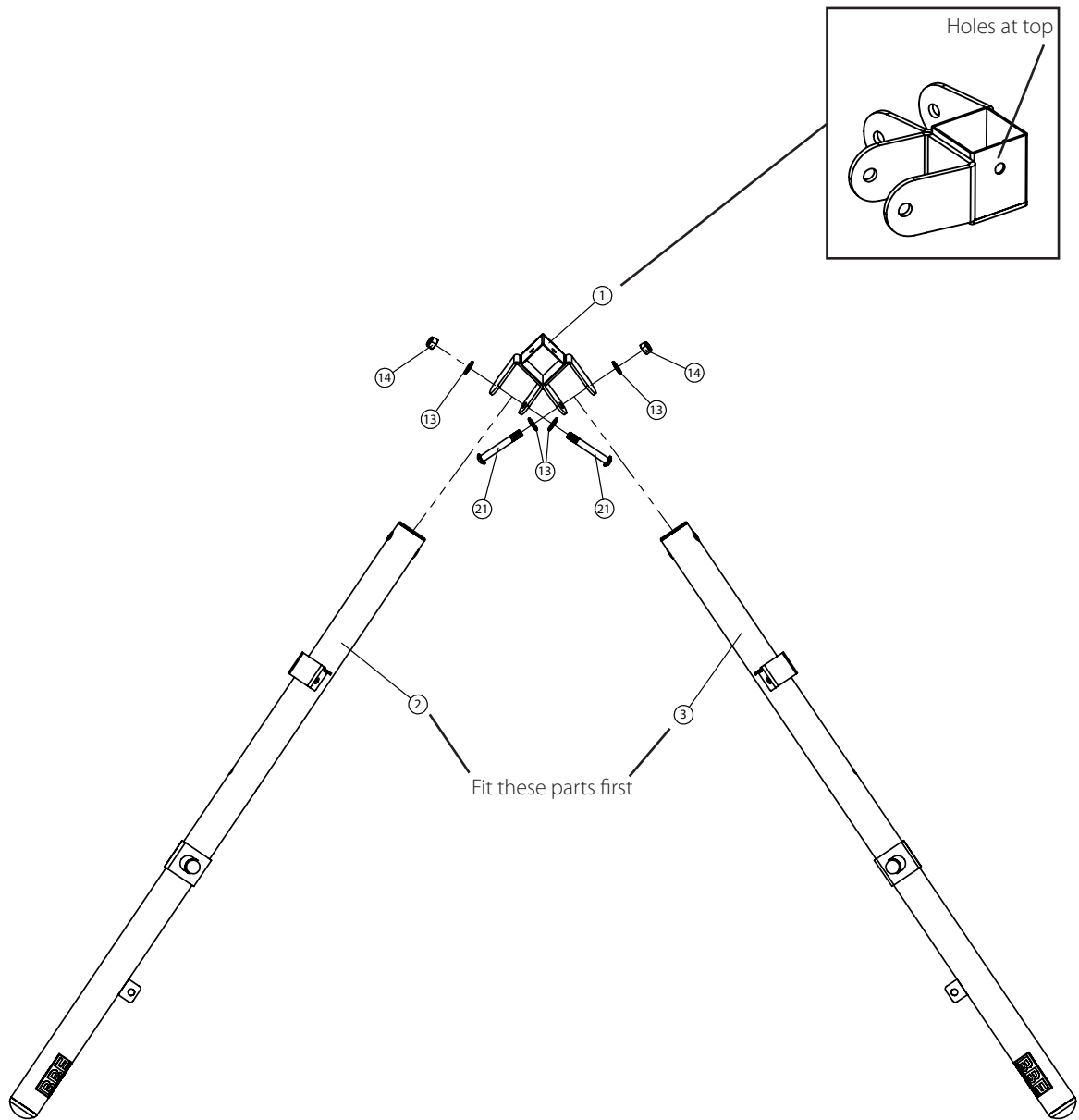
This stand takes up a floor space of W:1350 x H:2173 x D:1007mm and weighs 14.6kg.

If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the customer support section on page 5 for contact details.





2.

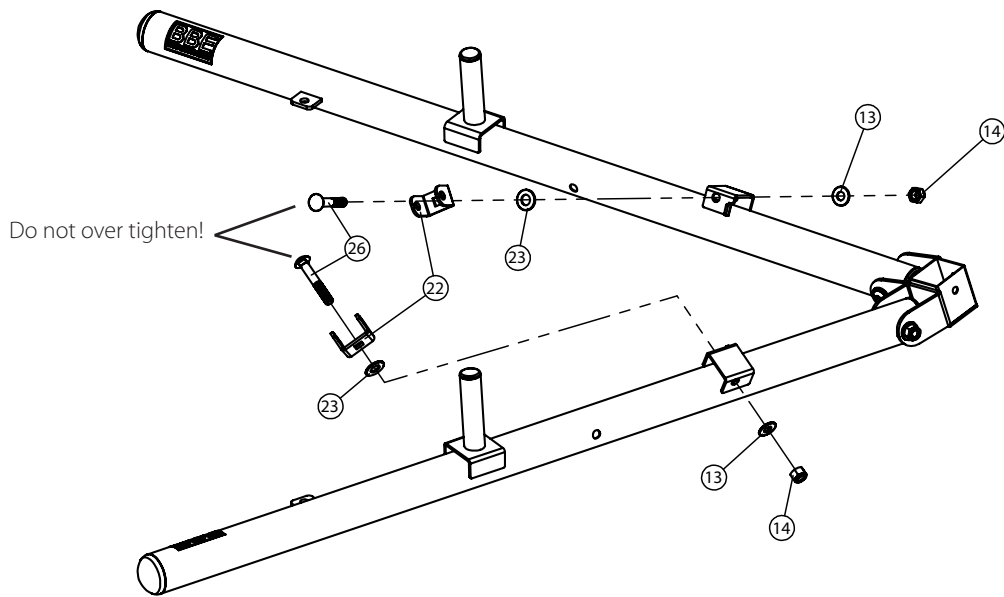
FIXINGS:

- 13 4x Washer (M10) 
- 14 2x Nyloc nut (M10) 
- 21 2x Allen head bolt (M10*75mm) 



3.

FIXINGS:		
13	2x Washer (M10)	
14	2x Nyloc nut (M10)	
23	2x Washer (M12)	
26	2x Carriage bolt (M10*65mm)	



4.

FIXINGS:

13 6x Washer (M10)



14 3x Nyloc nut (M10)



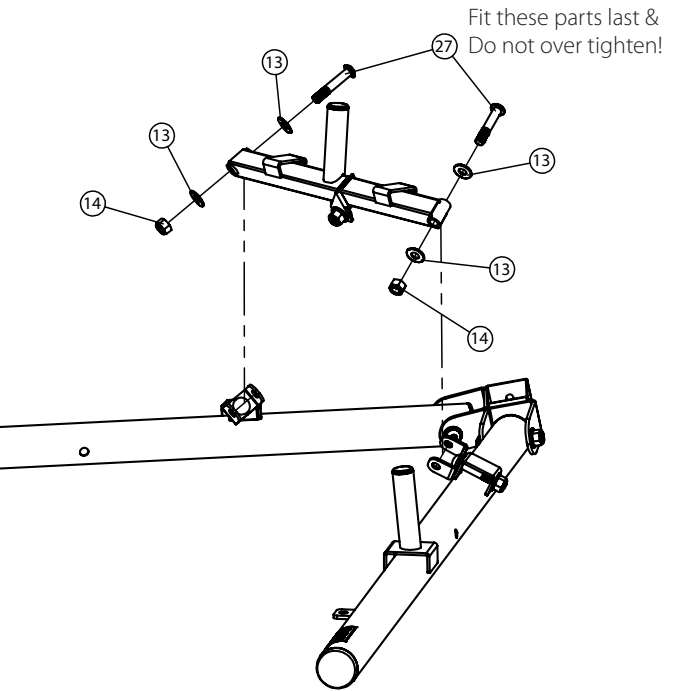
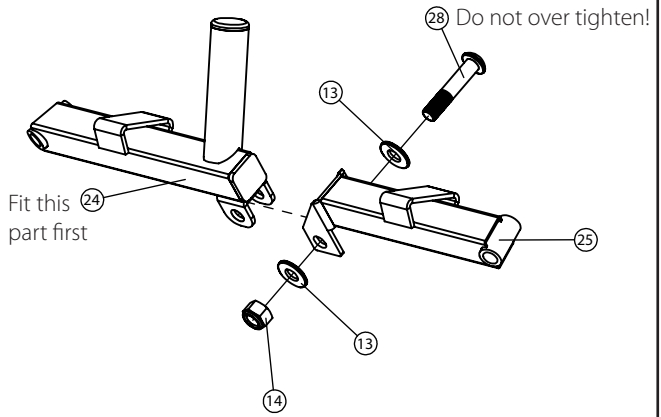
27 2x Allen head bolt (M10*55mm)



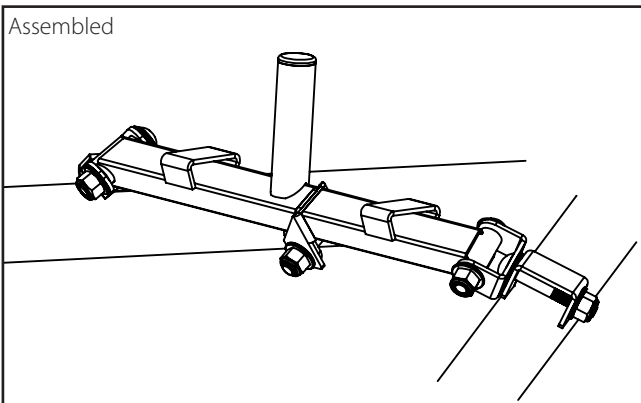
28 1x Allen head bolt (M10*50mm)



Assemble first






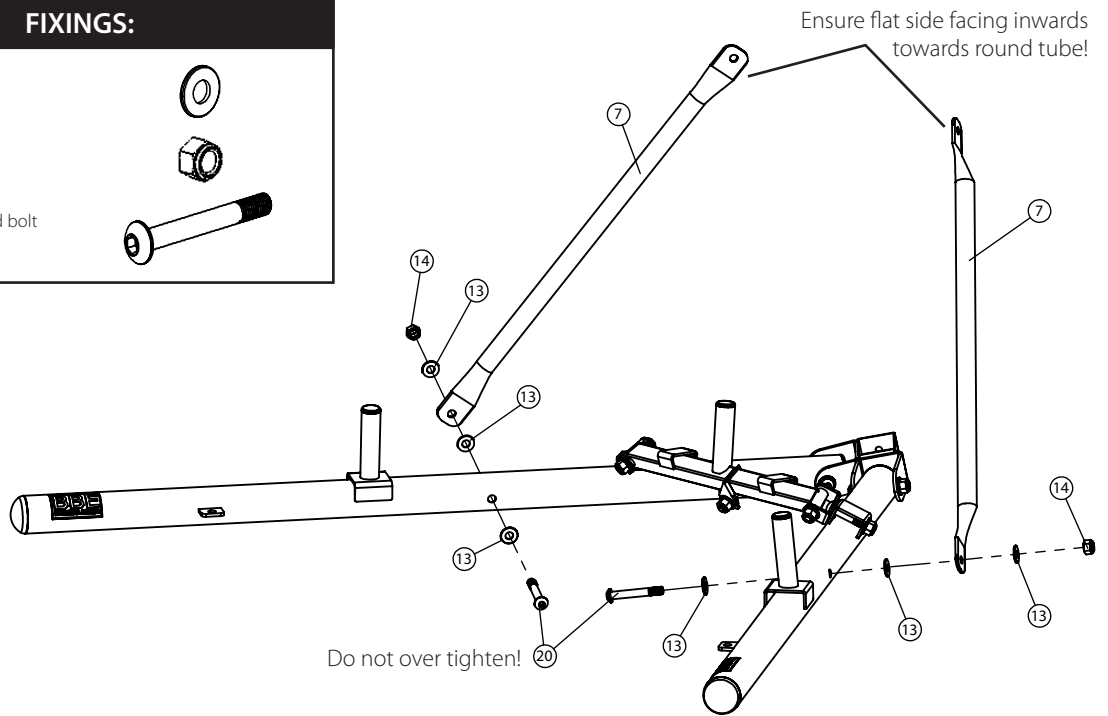
Assembled



5.



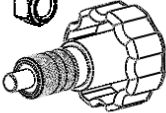

FIXINGS:

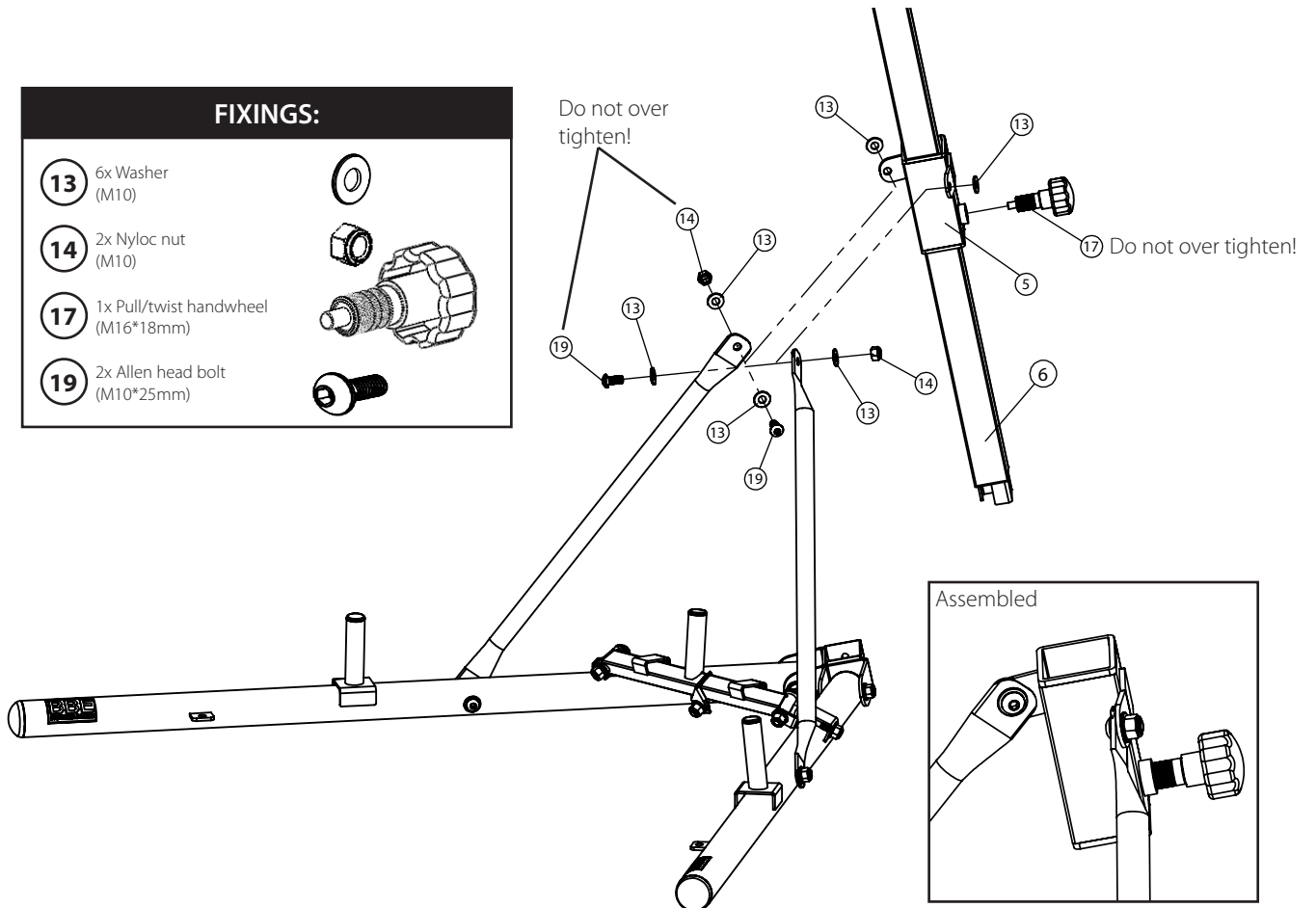
- 13** 6x Washer (M10) 
- 14** 1x Nyloc nut (M10) 
- 20** 2x Allen head bolt (M10*70mm) 



6.

FIXINGS:

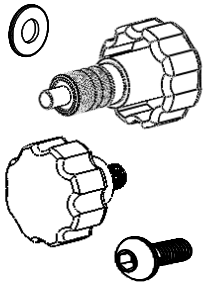
- 13** 6x Washer (M10) 
- 14** 2x Nyloc nut (M10) 
- 17** 1x Pull/twist handwheel (M16*18mm) 
- 19** 2x Allen head bolt (M10*25mm) 



7.

FIXINGS:

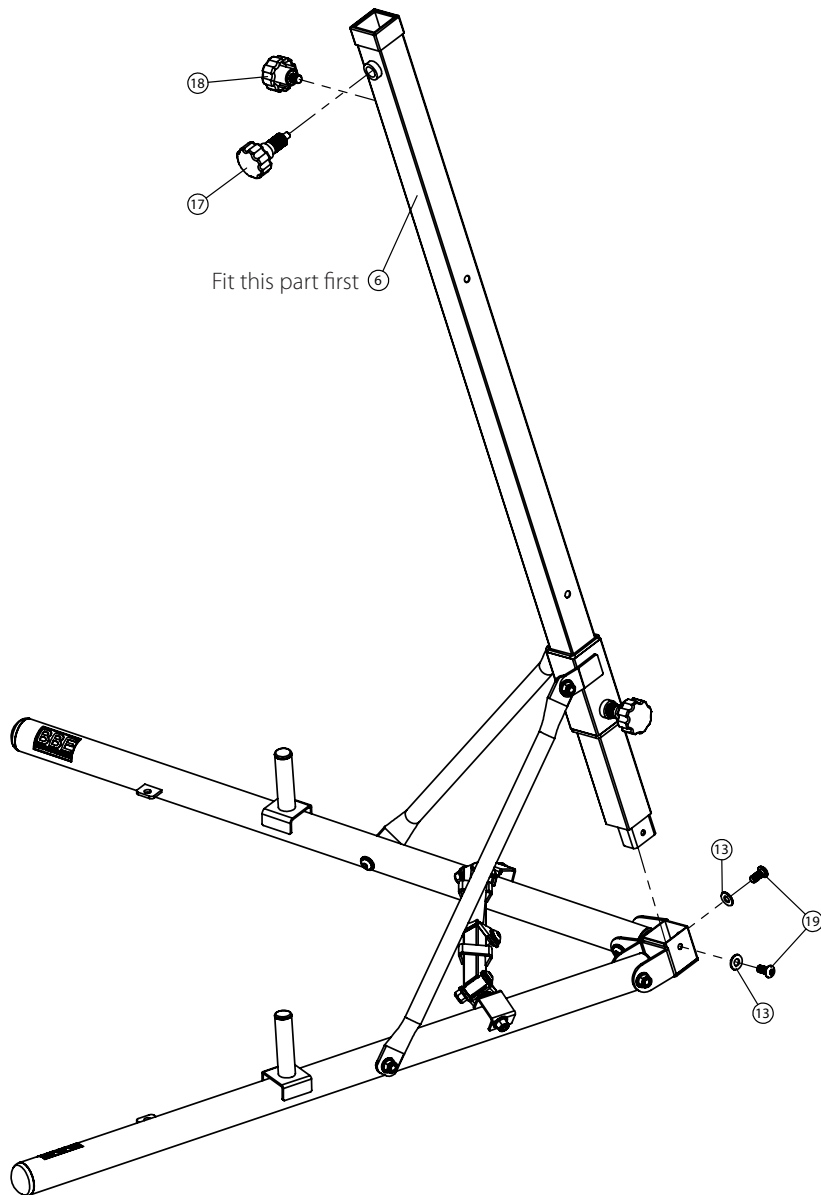
- 13** 2x Washer (M10)
- 17** 1x Pull/twist handwheel (M16*18mm)
- 18** 1x Handwheel [male] (M10*15mm)
- 19** 2x Allen head bolt (M10*25mm)



NOTE:

Ensure hand wheel (18) and pull/twist hand wheel (17) are on front 2 sides of main upright (6).

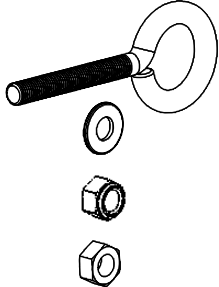
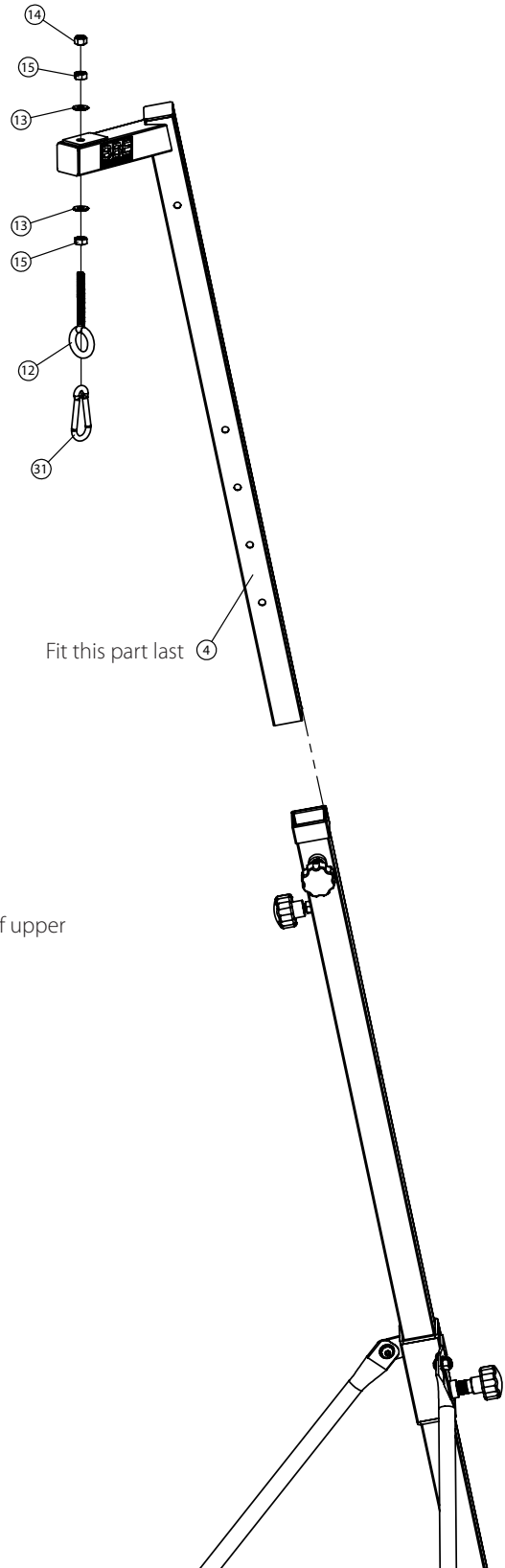
Engage main upright (6) fully into lower mount assembly (1) before fitting bolts.



8.

FIXINGS:

- 12** 1x Eye bolt (M10*130mm)
- 13** 2x Washer (M10)
- 14** 1x Nyloc nut (M10)
- 15** 2x Hex nut (M10)

NOTE:

Ensure pull/twist handwheel (17) is engaged into adjustment hole of upper adjust assembly (4), then tighten both hand wheels.

Final Checks

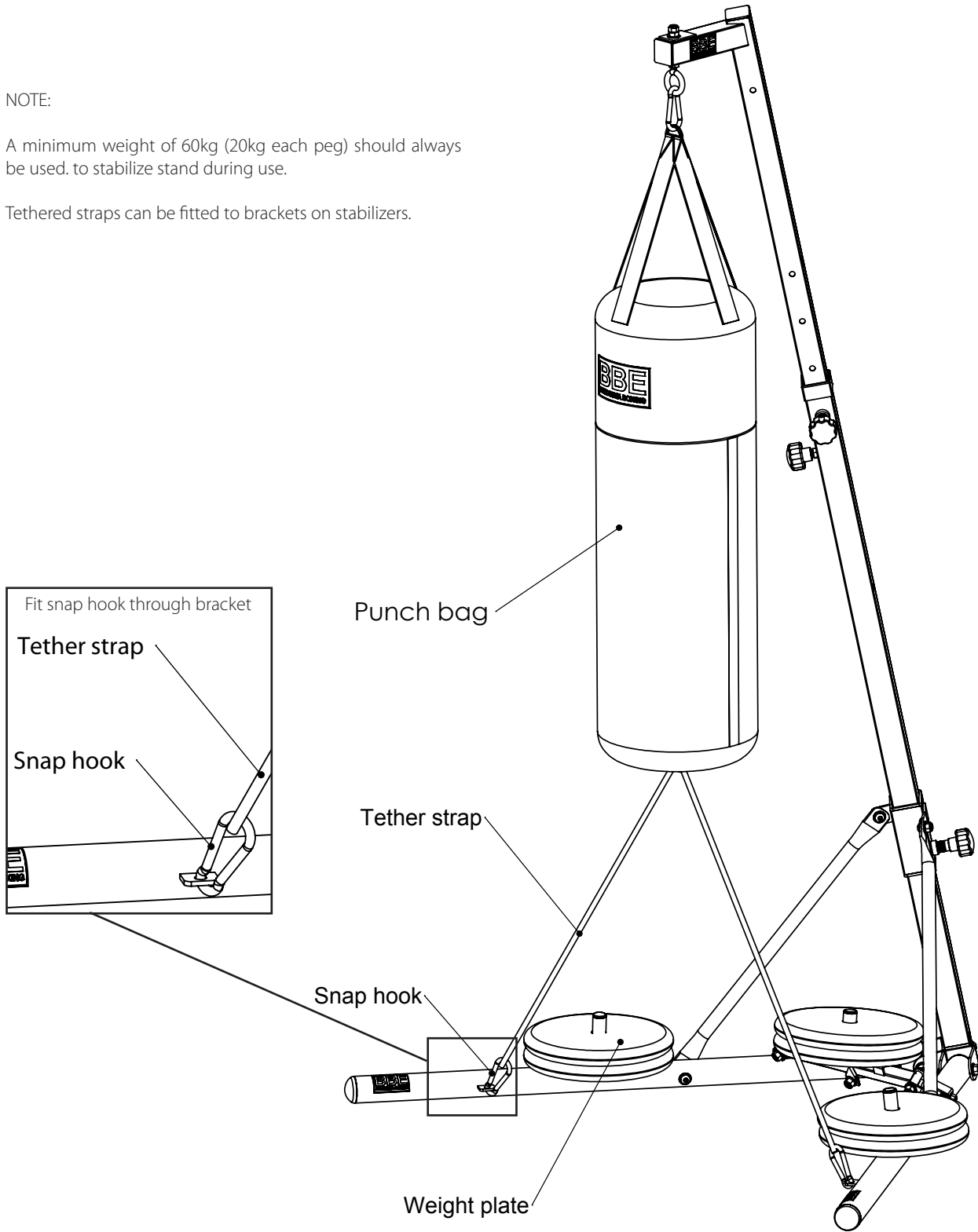
Your stand is now assembled. Please make the following final checks before you use it for the first time:

- Make sure all screws / bolts are tightened
- Make sure you have positioned it on a flat, level surface

NOTE:

A minimum weight of 60kg (20kg each peg) should always be used. to stabilize stand during use.

Tethered straps can be fitted to brackets on stabilizers.

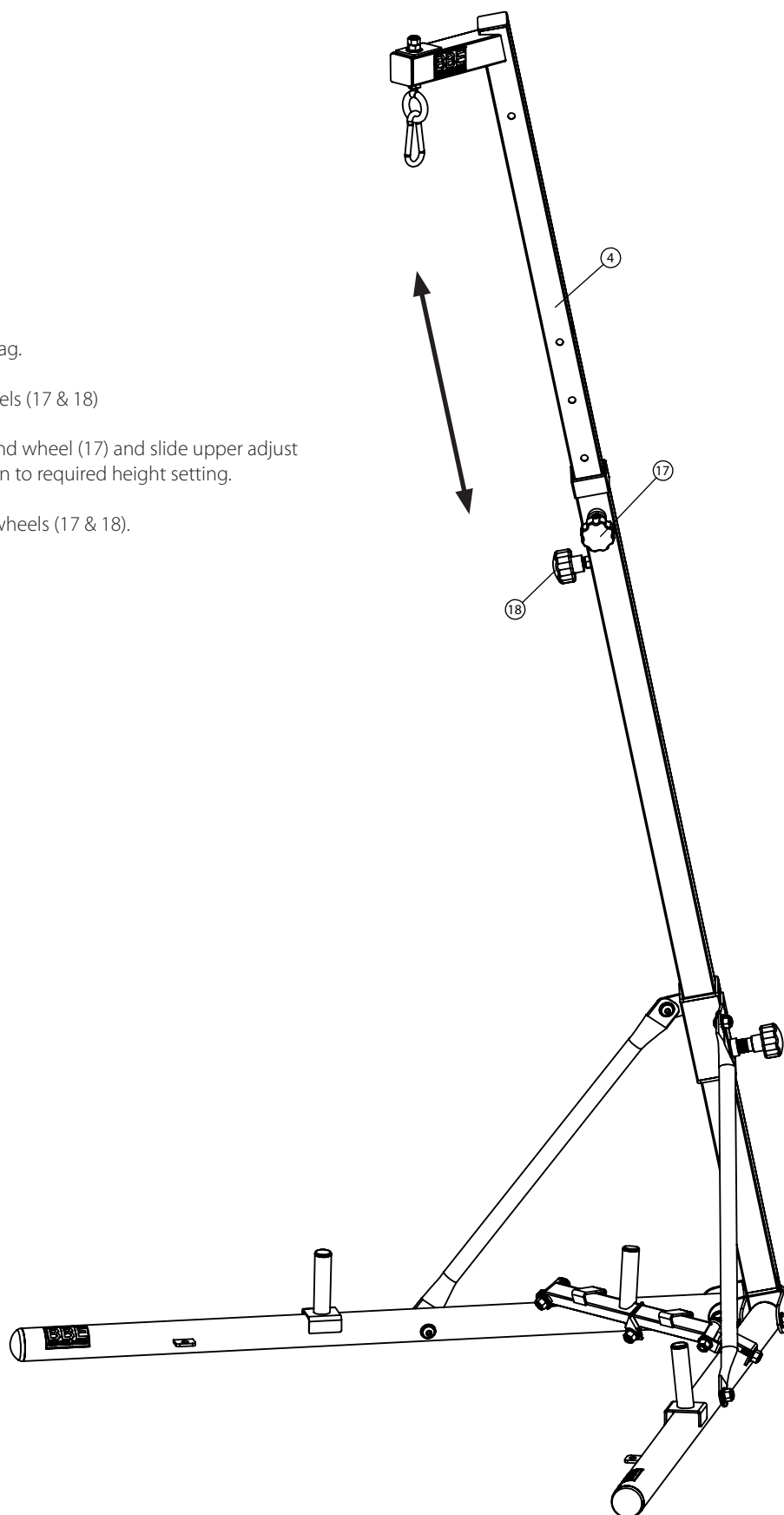


height adjustment

www.bbe-boxing.com

NOTE:

- Remove punch bag.
- loosen hand wheels (17 & 18)
- pull pull/twist hand wheel (17) and slide upper adjust assembly (4) down to required height setting.
- re-tighten hand wheels (17 & 18).



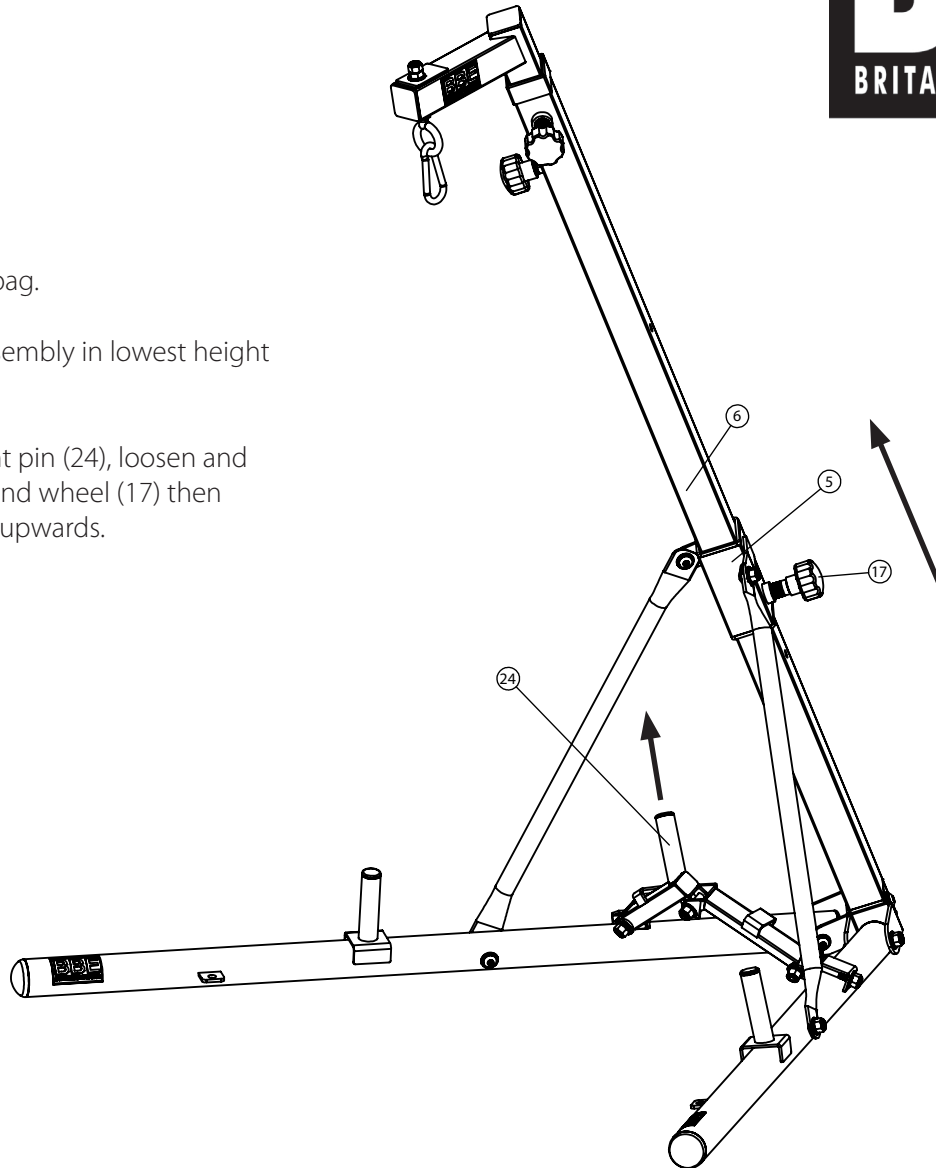
folding for storage



Step.1

Note:

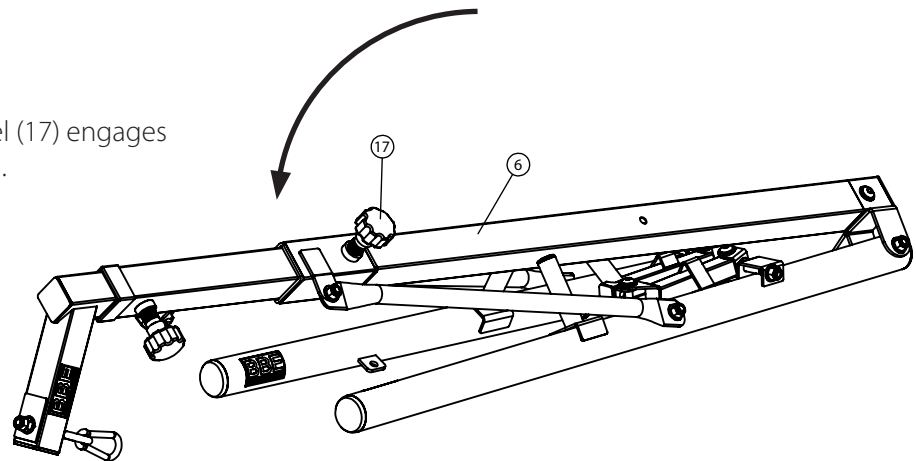
- Remove punch bag.
- Ensure upper assembly in lowest height setting,
- slightly lift weight pin (24), loosen and pull pull/twist hand wheel (17) then slide assembly 5 upwards.



Step.2

Note:

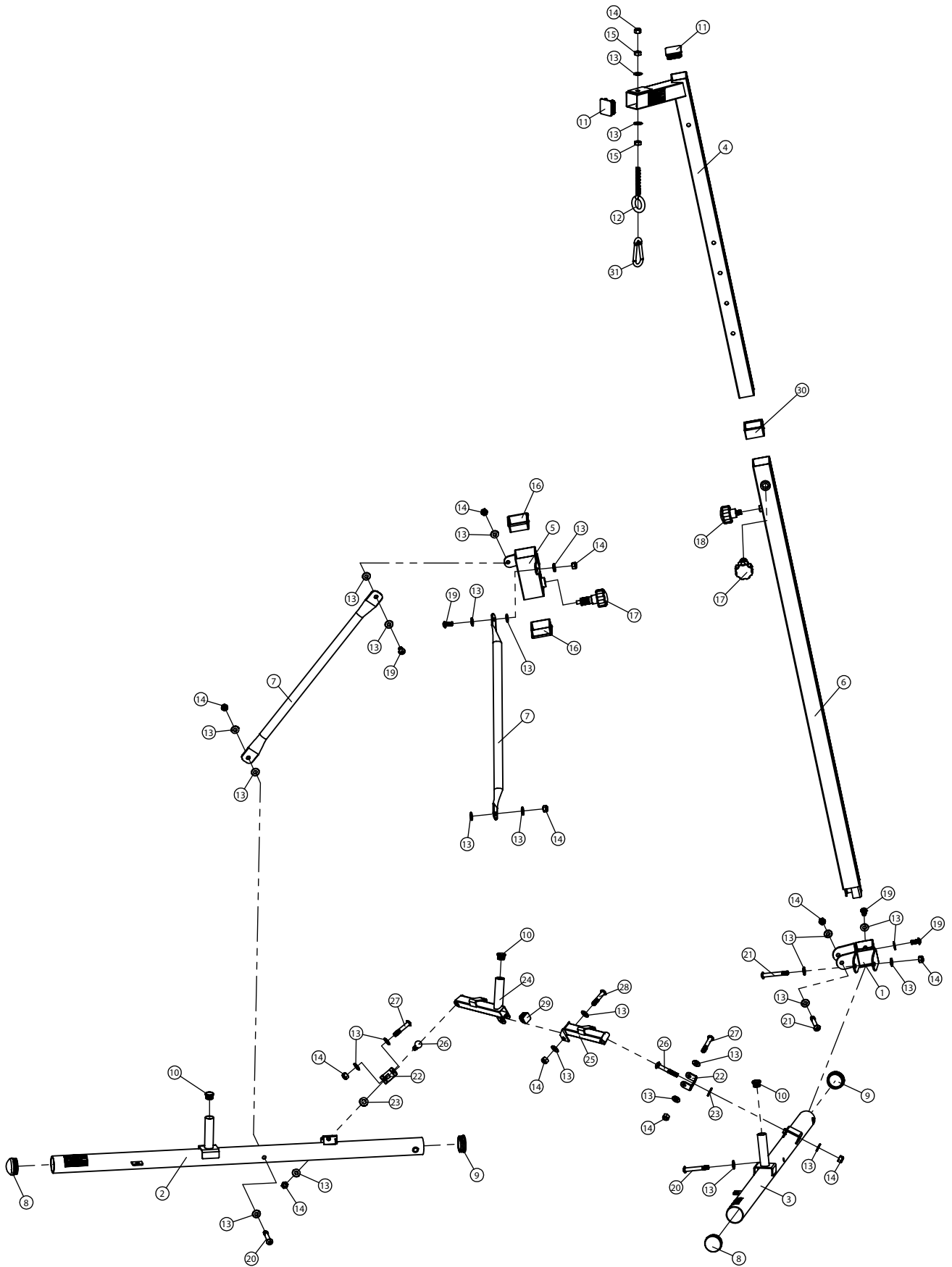
- Ensure pull/twist hand wheel (17) engages into locking hole & retighten.



- Reverse steps to un-fold.

exploded parts

www.bbe-boxing.com



ITEM	QTY.	PART NUMBER	DESCRIPTION
1	1	BBE425-01	Lower mount assembly
2	1	BBE425-02	Right stabilizer
3	1	BBE425-03	Left stabilizer
4	1	BBE425-04	Upper adjust assembly
5	1	BBE425-05	Lower adjust assembly
6	1	BBE425-06	Main upright
7	1	BBE425-07	Side support
8	2	BBE425-08	Round radius internal end cap (50mm-1.5t)
9	2	BBE425-09	Round flat internal end cap (50mm-1.5t)
10	3	BBE425-10	Round flat internal end cap (25mm-1.5t)
11	2	BBE425-11	Square flat internal end cap (45mm-1.5t)
12	1	BBE425-12	Eye bolt (M10*130mm)
13	28	BBE425-13	Washer (M10)
14	12	BBE425-14	Nyloc nut (M10)
15	1	BBE425-15	Hex Nut (M10)
16	2	BBE425-16	Square internal reducer (60>50mm)
17	2	BBE425-17	Pull/twist handwheel (M16*18mm)
18	1	BBE425-18	Handwheel [male] (M10*15mm)
19	4	BBE425-19	Allen head bolt (M10*25mm)
20	2	BBE425-20	Allen head bolt (M10*70mm)
21	2	BBE425-21	Allen head bolt (M10*75mm)
22	2	BBE425-22	Pivot bracket
23	2	BBE425-23	Washer (M12)
24	1	BBE425-24	Brace assembly (right)
25	1	BBE425-25	Brace assembly (left)
26	2	BBE425-26	Carriage bolt (M10*65mm)
27	2	BBE425-27	Allen head bolt (M10*55mm)
28	1	BBE425-28	Allen head bolt (M10*50mm)
29	1	BBE425-29	Square flat internal end cap (25mm-1.5t)
30	1	BBE425-30	Square external reducer (50>45mm)
31	1	BBE425-31	Snap hook

your warranty

www.bbe-boxing.com

This product is supplied with a standard warranty as follows:

- 12 month parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment

Please Note: Warranty details may vary from one market area to another

Warranty Terms

York Barbell (U.K.) Ltd. warrants that the Product you have purchased from an authorised York reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Barbell or sold by York Barbell; (c) by modification of the product; (d) as a result of service by anyone else other than York Barbell or an authorised York Barbell warranty service provider.

During the warranty period York Barbell will at no additional charge provide replacement part(s) or repair the product (at York Barbell's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Barbell may replace defective parts or at the option of York Barbell, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Barbell. York Barbell reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Barbell in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Barbell's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

To obtain warranty service you must and provide the following information:

Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another