

i-BOX SPEED BAG PLATFORM

Assembly and Use Instructions

Before You Begin

Thank you for purchasing the BALAZS i-Box Speed Bag Platform. Please unpack everything and compare what you received with the Packing List. If anything is missing or you have a question about these instructions, please contact us. Please familiarize yourself with the instructions before beginning assembly or use.

Packing List	
QTY	Description
2	Mounting Rail
1	Main Support
1	Wood Drum
1	Swivel
4	Hand Knob
4	#10 x 1-1/4" Wood Screw
4	3/8" x 1-1/2" Carriage Bolt
4	3/8" x 2" Flathead Socket Bolt
4	3/8" Lock Nut
12	3/8" Washer
4	3/8" x 3-1/2" Lag Bolt

Required Tools	
QTY	Description
1	9/16" Socket Wrench
1	7/32" Allen Wrench
1	Step Ladder
1	Drill with 1/4" Bit
1	Level
1	Tape Measure
1	Pencil
1	Phillips Screwdriver
1	Stud Finder (optional)

1. Determine the location of the studs in your wall. The studs must be 16" on-center in order to mount the Speed Bag Platform. Decide how high on the wall you want to mount the unit. Measure the distance from the floor to the bottom of your chin. To this distance add 27". This is approximately where the top mounting holes for the Speed Bag Platform should be.[†]
2. Using the Mounting Rails as a template, mark the hole locations for the rails. These holes should be 22-1/2" apart vertically, 16" apart horizontally, and in the center of each stud. Drill four 1/4" holes, 2 1/2" deep.
3. Connect the Mounting Rails to the Main Support. There is a large hole through the back of each Mounting Rail. Insert one carriage bolt through this hole such that the threads of the bolt stick through the slot on the other side. Line up the top hole in the flange of the Main Support with this carriage bolt and secure with a flat washer and hand knob, Figure 1. Slide the Mounting Rail up on the Main Support until the bottom hole in the Main Support flange lines up with the hole in the back of the Mounting Rail, and insert and secure the second carriage bolt with a flat washer and hand knob, Figure 2. Repeat this step for the second rail. When you are finished, it should look like Figure 3, with the tops of the two rails at the same level.

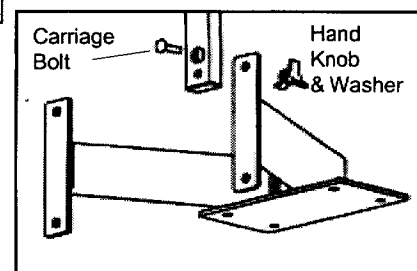


Figure 1

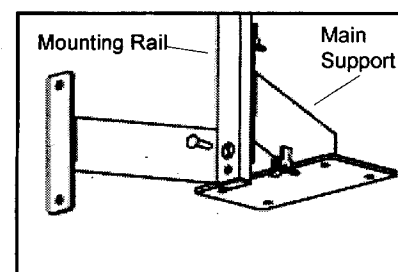


Figure 2

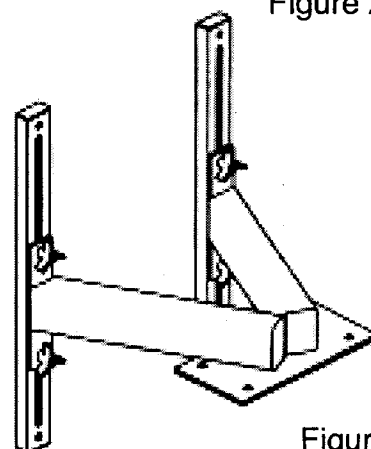


Figure 3

[†] This formula determines the hole placement so that when the drum is in the middle of the rails, the bottom of the speed bag is level with the bottom of your chin. As a general guideline, this is the correct position for the speed bag. If people who are much taller or shorter than you will also be using the platform, you will want to adjust the height of the mounting holes accordingly to ensure that the platform can be used by as many people as possible.

4. Install a 3/8" flat washer onto each of the four lag bolts. While a helper holds the Main Support in place against the wall, line up the holes in the unit with the holes in the wall. Insert a lag bolt into each of the holes and loosely tighten using a 9/16" socket wrench, Figure 4. If necessary, loosen the Hand Knobs to get the holes in the Rails to line up with the holes in the wall. Once all four lags are in, finish tightening them.

5. Attach the Wood Drum to the Main Support. Note that the 2 rubber bumpers on the bottom face of the Main Support are there to help reduce vibration. Do not remove them. While a helper holds the Drum in place, insert a 3/8" Flathead Bolt into each of the four holes in the Drum. Secure with a flat washer and nut, Figure 5. Tighten the nuts completely.

6. Attach the Swivel to the center of the wood drum with four wood screws, Figure 6. Do not overtighten the screws. Hang your speed bag by opening the clevis pin, attaching the bag, and reinstalling the pin.

7. Assembly of the Speed Bag Platform is now complete.

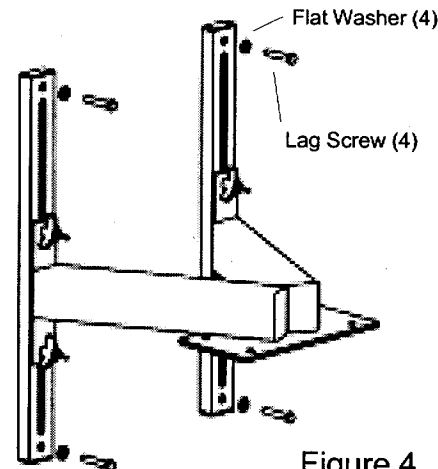


Figure 4

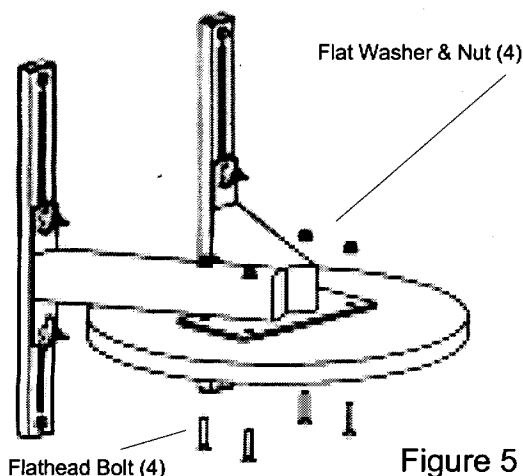


Figure 5

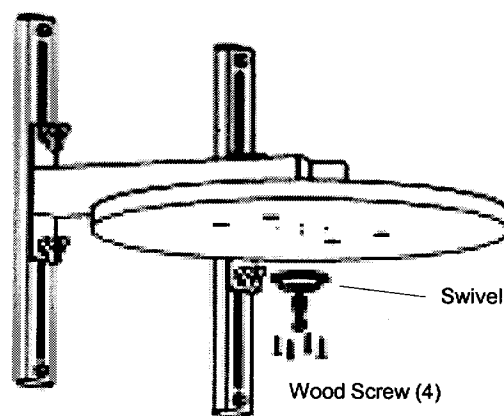
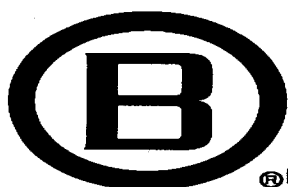


Figure 6

USE and WARNING:

- To adjust the height, loosen three of the four Hand Knobs. **Place your one hand underneath the wood drum before loosening the fourth knob!** Move the wood to the desired height and retighten the four Hand Knobs.
- Boxing is an invigorating yet strenuous exercise. Before starting any workout routine, consult with your physician.
- Before each use make sure the unit is securely fastened to the wall and the speed bag is correctly attached to the unit.
- As with any sport, the participant is subject to a certain amount of risk. Users of the i-Box Speed Bag Platform must assume all risk of injury.
- The i-Box Speed Bag Platform is not a toy; please do not let children use it without adult supervision.
- The purchaser must accept full responsibility for the safe and proper assembly and use of all equipment. If there are any questions regarding proper assembly or use, please do not hesitate to contact us.

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