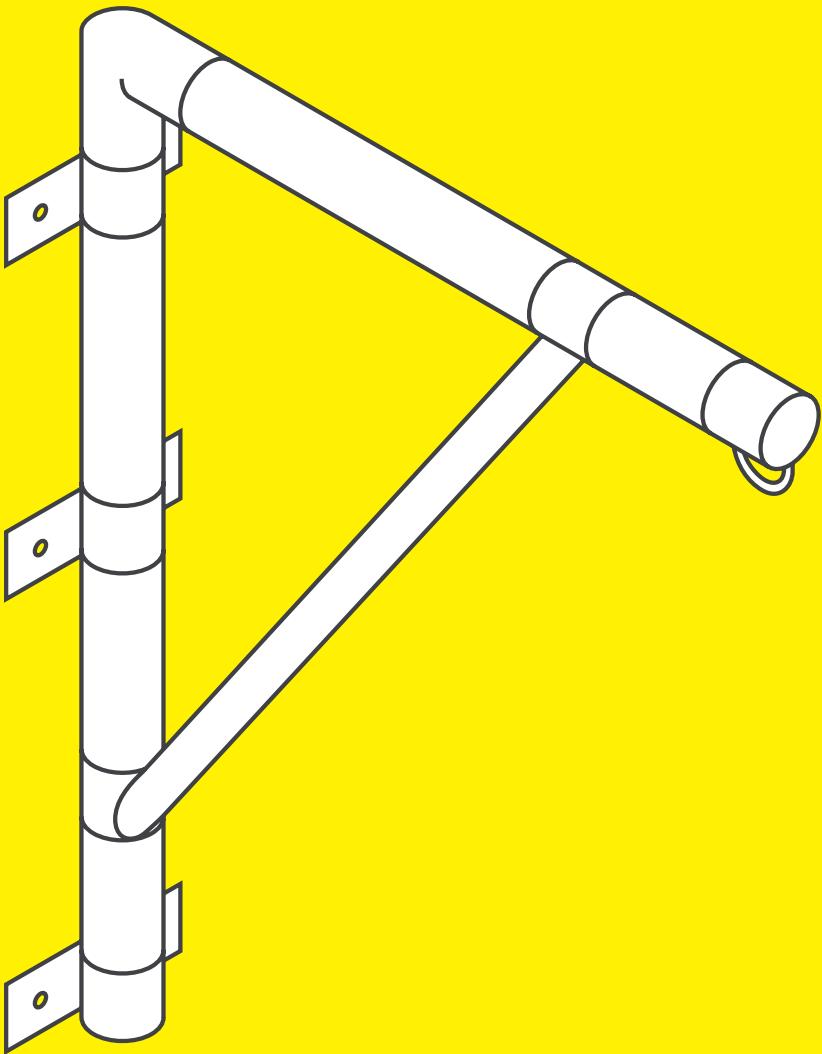




# Step by Step Assembly Guide



## Build Your Own Punch Bag Frame

**THE ONE STOP METALWORK SHOP**

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# Build Your Own Punch Bag Frame

## Step by Step Assembly Guide

### What you will need...

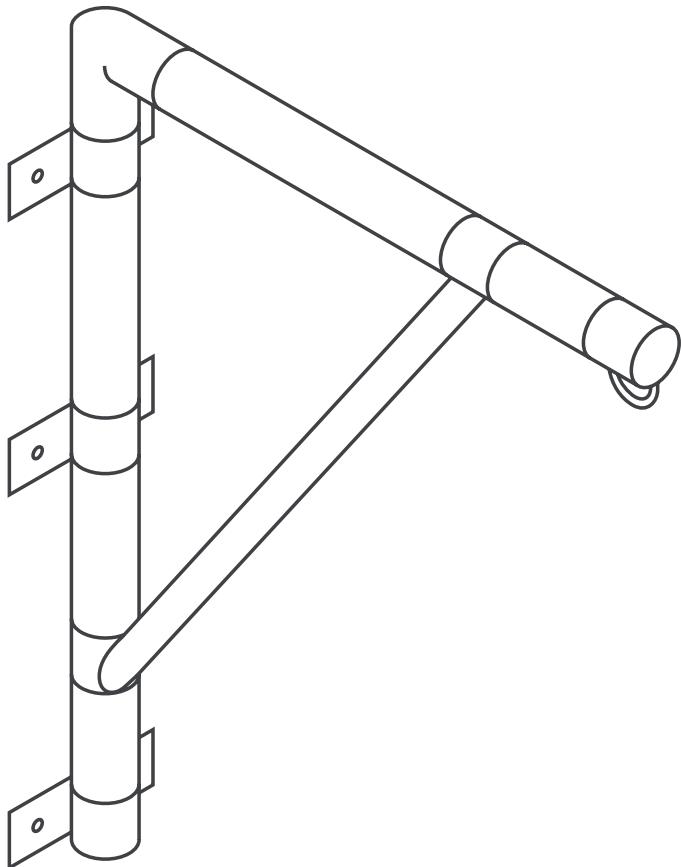
- Hex key supplied.
- Drill
- 7mm masonry drill bit. (For Screws and Plugs)
- 6mm masonry drill bit. (For Anker Bolts)
- Hammer
- Spirit Level
- Tape Measure

## Product Summary

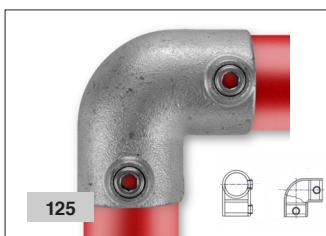
Our Tube Clamp Punch Bag Frame is made from 33.7mm galvanised tube and tube clamp parts to give a modern 'industrial' feel. Each unit comes supplied with the galvanised tube and tube clamp parts. The kit also includes grub screws and an allen key. There is also the option to purchase the bolts/screws to attach the frame to your wall.

**Important:** Please note that the kit is for the frame only and does not include the punch bag.

Fixings are not included in the kit but can be purchased separately. These are shown in the list above, you just need to add them to your shopping cart if you require them.



### Parts:



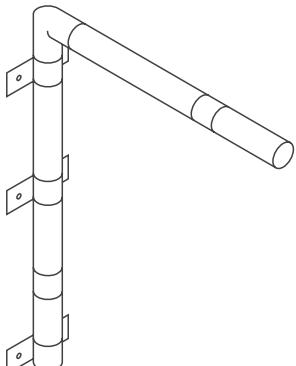
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# Step by Step Guide - Punch Bag Frame

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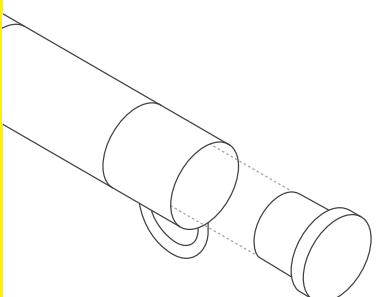
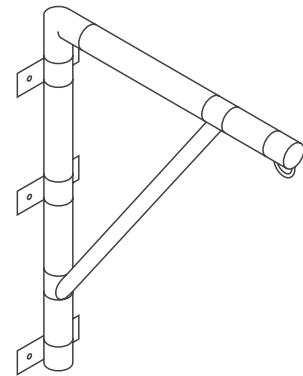


## Step 1

Take a 90 Degree Elbow (125) and slide the length of 600mm tubing into the bottom of the fitting to the top of the inner ring inside the clamp and tighten the grub screw using the hex key provided. Take the 400mm length of galvanised tubing and slide into the top of the fitting, ensuring the tube goes to the end of the inner ring, tighten the grub screw on the fitting to the tube so it remains attached. Next slide 2 Handrail Brackets (143) up the 600mm tube ensuring the first 143 fitting hits the bottom of the 125 fitting. The second 143 fitting should be equally spaced along the upright and tighten the grub screws on both fittings. Then take one of the Single Swivel Fittings (173) and place between the second 143 fitting and the final 143 fitting (which should be placed towards the bottom of the tube).

## Step 2

Take the second 173 fitting and slide along the 400mm length of tube. Insert the 500mm length of tube into both 173 fittings and tighten the grubscrews. Slide both 173 fittings along the tube until it will not slide anymore and tighten the grubscrews.

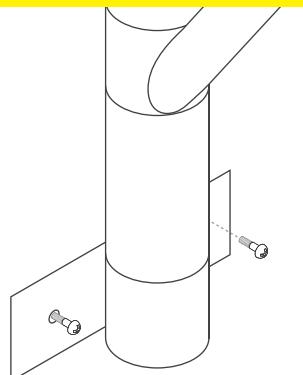


## Step 3

Attach the hook (182) to the end of the 400mm tube ensuring it faces towards the wall. Finish the frame by placing a Plastic Stop End (133) in each end of the tube.

## Step 4

Place your finished frame into position against the wall ensuring the fittings are flush to the wall. Take a spirit level and place onto the side of the upright to ensure it is level. If placing onto brickwork mark 6 holes to show where needs to be drilled. Remove the frame and drill the holes. Put the plugs into the holes and place the frame over the holes and fix to the wall through the Handrail Bracket and ensure the upright is tightly secured.



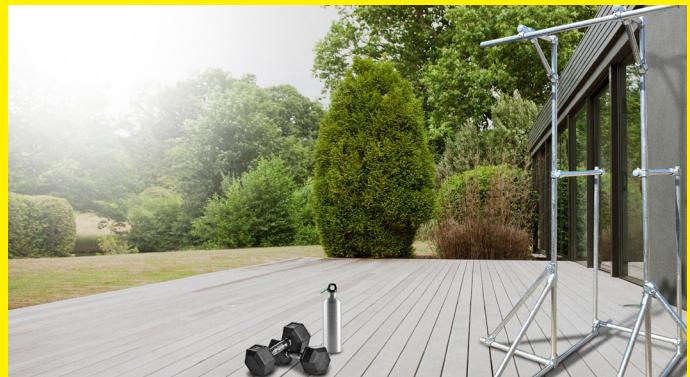
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