

Physionics BXST01

Physionics Freestanding Boxing Stand (Model BXST01) Instruction Manual

Your guide to safe and effective use of your boxing stand.

INTRODUCTION

The Physionics Freestanding Boxing Stand (Model BXST01) offers a versatile and stable platform for your boxing and fitness training. This robust stand is designed to accommodate both a heavy punching bag and a speed ball, providing a comprehensive workout solution for developing endurance, speed, and coordination. It is suitable for use in home gyms or professional training environments.

Please read this manual thoroughly before assembly and use to ensure proper setup, safe operation, and optimal performance of your boxing stand.

SAFETY INFORMATION

Your safety is paramount. Adhere to all warnings and instructions to prevent injury or damage to the equipment.

- **Read the Manual:** Always read and understand the entire instruction manual before assembling or using the boxing stand.
- **Adult Supervision:** Ensure children are supervised when near the equipment. This product is intended for adult use.
- **Stable Surface:** Assemble and use the stand on a flat, level, and stable surface.
- **Weight Limits:** Do not exceed the maximum weight capacities:
 - Punching Bag: Maximum 60 kg (132 lbs)
 - Speed Ball: Maximum 20 kg (44 lbs)
 - Counterweights (per peg): Maximum 15 kg (33 lbs)
- **Secure Assembly:** Ensure all bolts, nuts, and connections are securely tightened before each use. Regularly check for loose parts.
- **Use Counterweights:** For optimal stability, especially during intense workouts, place appropriate counterweights (e.g., weight plates) on the designated pegs.
- **Floor Protection:** The stand features rubber feet to protect your floor. However, consider using a protective

mat underneath the stand for added safety and floor preservation.

- **Clear Area:** Maintain a clear area around the boxing stand to prevent accidental collisions during training.
- **Inspect Before Use:** Before each workout, inspect the stand for any signs of damage, wear, or loose components. Do not use if damaged.

PACKAGE CONTENTS

Carefully unpack all components and verify that you have received all parts listed below. If any parts are missing or damaged, do not proceed with assembly and contact customer support.

- Main Frame Structure (various steel tubes and connectors)
- Speed Ball Platform (MDF board with swivel mechanism)
- Weight Plate Storage Pegs (4 units)
- Assembly Hardware (bolts, nuts, washers, tools if included)
- Rubber Feet (pre-installed or separate)

Note: The punching bag, speed ball, and weight plates are not included with this product and must be purchased separately.



Image: Overview of the Physionics Freestanding Boxing Stand, illustrating its dual functionality for punching bags and

SETUP INSTRUCTIONS

Follow these steps carefully for proper assembly. It is recommended to have two people for assembly.

1. **Prepare the Area:** Clear a spacious, level area for assembly. Lay out all components and hardware.
2. **Assemble the Base:** Connect the main base frame sections using the provided bolts and nuts. Do not fully tighten bolts until the entire frame is assembled.
3. **Attach Upright Supports:** Secure the vertical support beams to the base frame.
4. **Install Speed Ball Platform Arm:** Attach the arm that supports the speed ball platform to the main upright structure.
5. **Mount Speed Ball Platform:** Secure the MDF speed ball platform to its arm using the star-shaped locking mechanism. Ensure the swivel is correctly installed.
6. **Install Weight Plate Pegs:** Attach the four weight plate storage pegs to the designated points on the base frame.
7. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts securely. Do not overtighten.
8. **Add Counterweights:** For enhanced stability, especially during use, place weight plates (up to 15 kg per peg) onto the storage pegs.
9. **Attach Punching Bag and Speed Ball:** Hang your punching bag (max 60 kg) from the top hook and attach your speed ball (max 20 kg) to the swivel on the platform.



Total weight: **22.5kg**
Gesamtgewicht: **22.5kg**

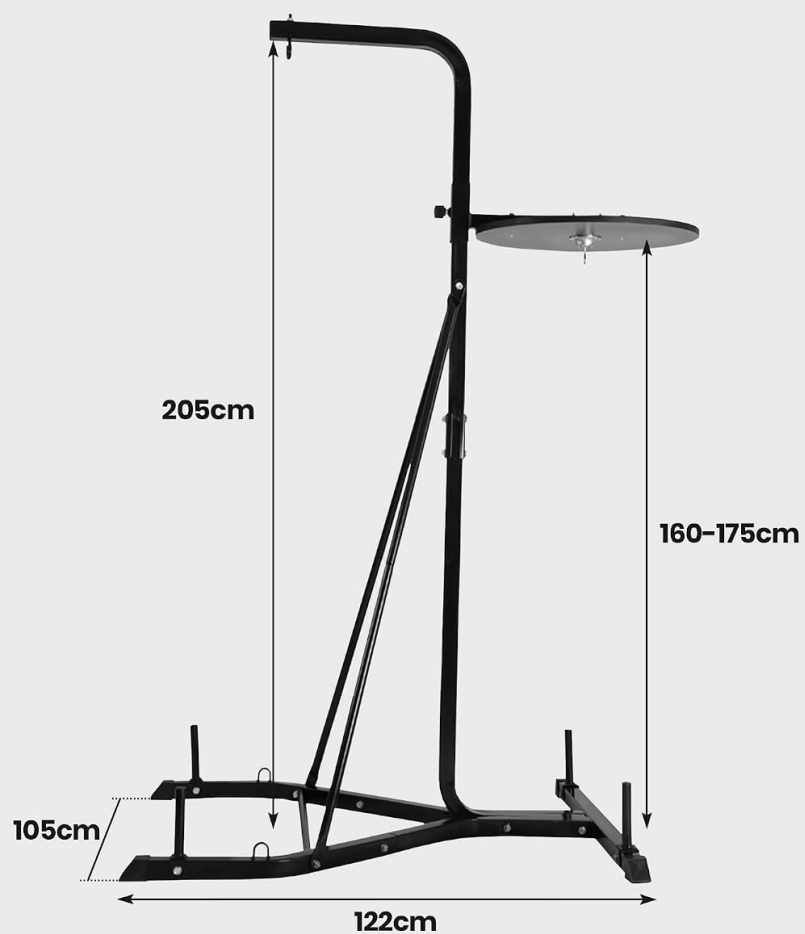


Image: Dimensional overview of the boxing stand, indicating overall height, width, depth, and the adjustable range for the speed ball platform.



- Reinforce your training with heavy-duty storage pegs, designed to hold counterweights of up to 15 kg each, ensuring a rock-solid base for intense workouts.
- Verstärken Sie Ihr Training mit den strapazierfähigen Ablagegestiften, die Gegengewichte von bis zu 15 kg aufnehmen können und für einen stabilen Stand bei intensiven Workouts sorgen.

* Weights are not included.
* Gewichte sind nicht enthalten.

Image: Detail of the base with counterweight pegs, illustrating how to reinforce the stand's stability with additional weights.



Image: Detailed view of the speed ball platform's attachment, showing the swivel for dynamic training.

OPERATING INSTRUCTIONS

Before beginning any workout, ensure you have warmed up adequately to prevent injury.

Using the Punching Bag

Hang your punching bag (maximum 60 kg) from the sturdy hook at the top of the stand. Ensure the bag is securely attached and hangs freely. Begin your training with controlled movements, gradually increasing intensity. Always maintain proper boxing form.



Image: User engaging with the punching bag, highlighting the stand's stability and capacity for heavy bags.

Using the Speed Ball

Attach your speed ball (maximum 20 kg) to the swivel mechanism on the adjustable platform. The platform height can be adjusted between 160 cm and 175 cm to suit your height and training preference. Use the star-shaped locking mechanism to secure the platform at the desired height. The speed ball is ideal for improving hand-eye coordination, speed, and reflexes.

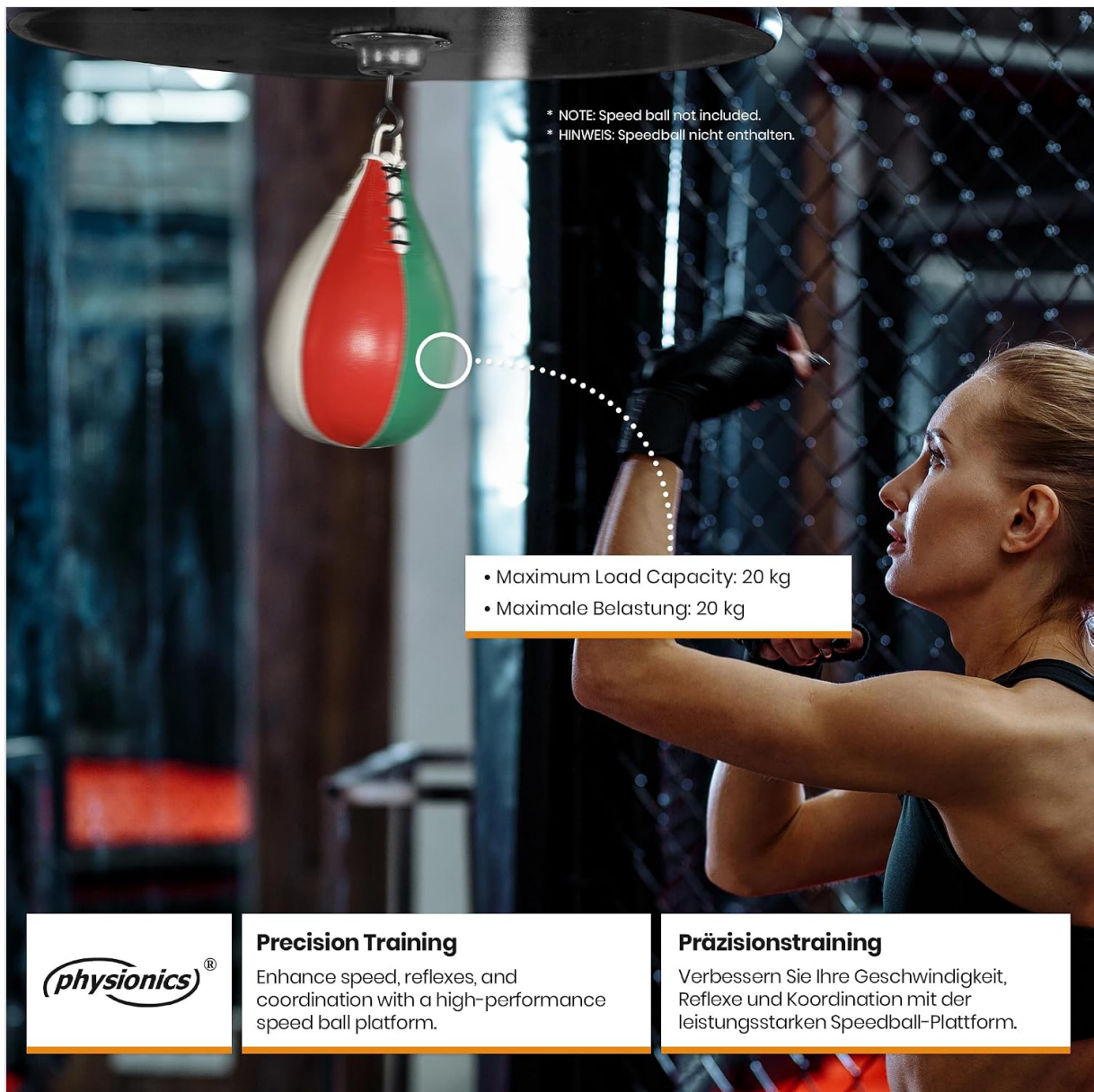


Image: User training with the speed ball, demonstrating its use for precision and reflex development.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Physionics Freestanding Boxing Stand.

- **Check Connections:** Periodically inspect all bolts, nuts, and connections for tightness. Retighten any loose fasteners to maintain structural integrity.
- **Clean the Frame:** Wipe down the steel frame with a damp cloth to remove dust and sweat. Avoid abrasive cleaners that could damage the finish.
- **Inspect for Wear:** Check for any signs of wear, cracks, or damage to the frame, speed ball platform, or any other components. Replace damaged parts immediately.
- **Lubricate Swivel:** If the speed ball swivel mechanism becomes stiff, apply a small amount of silicone-based lubricant to ensure smooth operation.

TROUBLESHOOTING

If you encounter issues with your boxing stand, refer to the following common solutions:

- **Stand is Unstable During Use:**

- Ensure all assembly bolts are fully tightened.
 - Verify the stand is placed on a completely flat and level surface.
 - Add sufficient counterweights (e.g., standard weight plates) to all four storage pegs on the base. Each peg can hold up to 15 kg.
- **Speed Ball Platform Wobbles:**
 - Check that the star-shaped locking mechanism for height adjustment is securely tightened.
 - Ensure the platform is correctly seated on its support arm.
 - **Punching Bag Hangs Too Low:**
 - The height of the punching bag is determined by its length and the length of its chains. If the bag hangs too low for your height, consider using shorter chains or additional connectors to raise it.

If these solutions do not resolve the issue, please contact customer support for further assistance.

SPECIFICATIONS

Model Number	BXST01
Overall Dimensions (L x W x H)	Approx. 105 cm x 122 cm x 205 cm
Speed Ball Platform Dimensions (Ø x H x Thickness)	Approx. 60 cm x 160-175 cm (adjustable height) x 1.5 cm
Weight Plate Bar Dimensions (Ø x H)	Approx. 25 mm x 17 cm
Max. Punching Bag Weight	60 kg (132 lbs)
Max. Speed Ball Weight	20 kg (44 lbs)
Max. Counterweight per Peg	15 kg (33 lbs)
Material	Coated MDF, Steel
Product Weight	Approx. 22.5 kg (49.6 lbs)
Color	Black

WARRANTY INFORMATION

Physionics products are manufactured to high-quality standards. This product comes with a standard manufacturer's warranty against defects in materials and workmanship. The specific terms and duration of the warranty may vary by region and retailer. Please retain your proof of purchase for any warranty claims.

The warranty does not cover damage caused by improper assembly, misuse, neglect, unauthorized modifications, or normal wear and tear. For detailed warranty information, please refer to the documentation provided at the time of purchase or contact your retailer.

CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, or need to report a missing or damaged part, please contact the retailer from whom you purchased this product. They will be able to provide you with the most accurate and timely support.

For general inquiries about Physionics products, you may visit the official Physionics brand store or website for

additional resources and contact information.

Online Resources: [Physionics Brand Store](#)