

SPORTNOW A91-300V00BK

SPORTNOW Freestanding Adjustable Height Punching Bag Stand

Model: A91-300V00BK

1. IMPORTANT SAFETY INSTRUCTIONS

Please read and understand all instructions before assembling and using this product. Failure to follow these instructions may result in serious injury or property damage. Keep this manual for future reference.

- **Adult Supervision:** This product is intended for adult use. Children should not use this equipment without direct adult supervision.
- **Weight Capacity:** Do not exceed the maximum recommended load of 60 kg (132 lbs) for the punching bag.
- **Stable Surface:** Always place the stand on a flat, level, and stable surface. Uneven surfaces can cause instability and lead to tipping.
- **Add Counterweights:** For optimal stability, especially during intense training, place weight plates (not included) on the designated posts of the base. This is crucial to prevent the stand from moving or tipping.
- **Inspect Before Use:** Before each use, check all bolts, nuts, and connections to ensure they are securely tightened. Do not use if any parts are loose or damaged.
- **Clear Area:** Ensure there is sufficient clear space around the punching bag stand to prevent accidental collisions with walls, furniture, or other objects.
- **Proper Attire:** Wear appropriate protective gear, such as boxing gloves, during training.
- **Maintenance:** Regularly inspect the stand for wear and tear. Replace any worn or damaged parts immediately.

2. PACKAGE CONTENTS

Verify that all components are present and undamaged before proceeding with assembly. If any parts are missing or damaged, please contact customer service.

- 1 x SPORTNOW Freestanding Punching Bag Stand (main frame components)

- 1 x Instruction Manual
- All necessary assembly hardware (bolts, nuts, washers, tools if included)



Image: The product is delivered in one package, as shown by the illustration of a cardboard box with 'SPORTNOW' logo and '1x PAQUET' (1x PACKAGE).

3. SETUP AND ASSEMBLY

Follow these steps carefully to assemble your punching bag stand.

3.1 Unfolding the Stand

The stand features a foldable design for easy storage. To set it up, carefully unfold the main frame components. Ensure all joints click into place securely.



Image: The stand can be folded for compact storage. To fold, remove the two support bars as indicated by the arrows. This allows for easy storage in any room or garage.

3.2 Assembling the Base

Attach the base components according to the diagrams provided in the separate assembly sheet (if applicable). Ensure all bolts are tightened firmly. The base is designed with three posts to accommodate weight plates (not included) for enhanced stability.

BASE TRIANGULAIRE STABLE

Trois poteaux pour les plaques de poids afin de maintenir l'équilibre et la sécurité du stand



Image: The stable triangular base features three posts for placing weight plates (not included). These weights help maintain the stand's balance and security during use, preventing wobbling or swaying.

3.3 Adjusting Height

The punching bag hanger can be adjusted to various heights, ranging from 162 cm to 205 cm. To adjust, loosen the locking mechanism, slide the hanger to the desired height, and then securely tighten the mechanism. Ensure the hanger is locked in place before attaching a punching bag.

HAUTEUR RÉGLABLE SUR 10 NIVEAUX

Réglez-le dans la bonne position pour profiter pleinement de vos séances d'entraînement

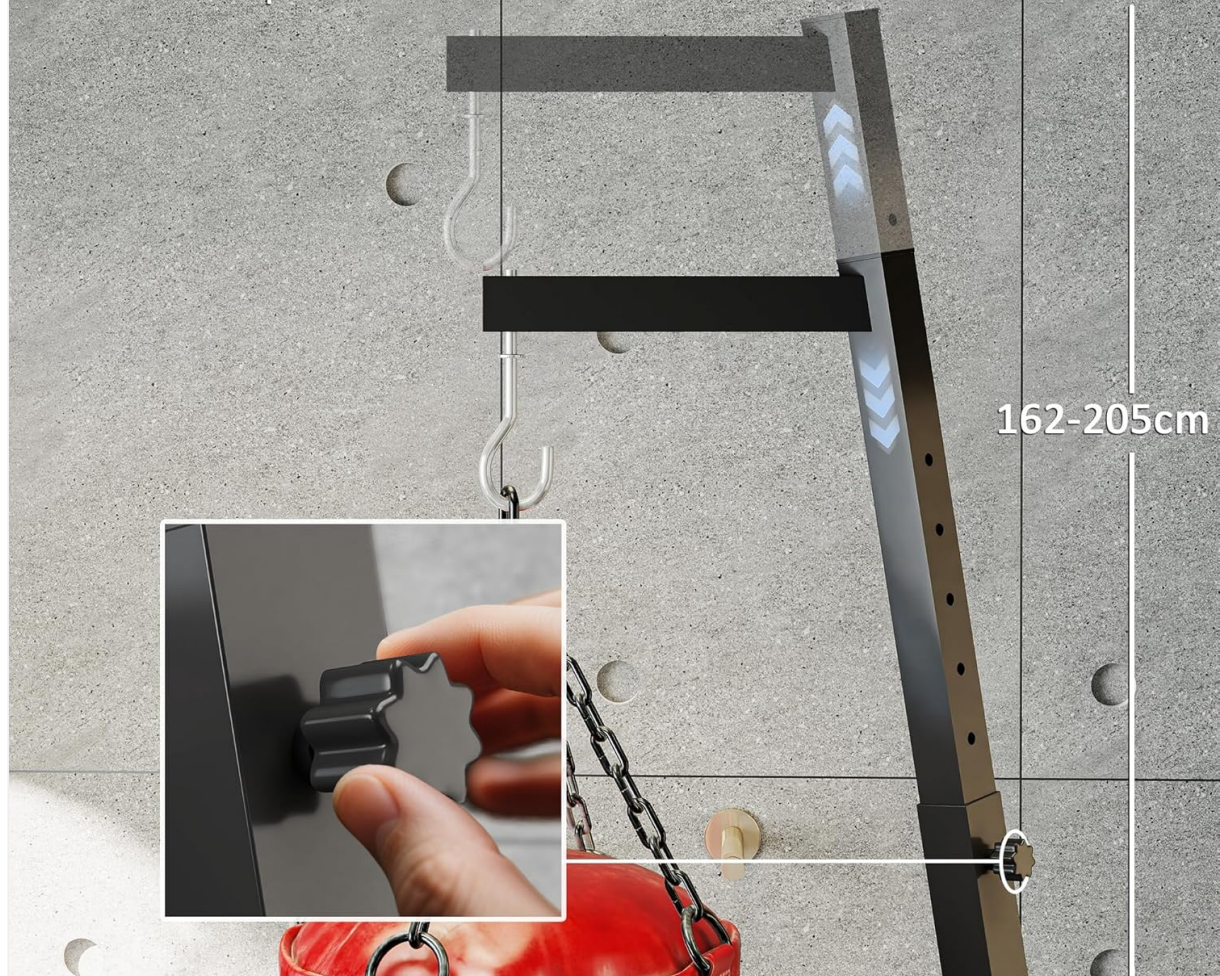


Image: The stand offers 10 levels of height adjustment, from 162 cm to 205 cm. Adjust the hanger to the correct position to fully benefit from your training sessions. A close-up shows the adjustment knob.

3.4 Attaching the Punching Bag

Once the stand is fully assembled and stable, attach your punching bag to the hanger using its chains or straps. Ensure the bag is securely fastened and hangs freely without touching the stand's frame during movement.



Image: A user is shown actively training with a punching bag attached to the SPORTNOW stand, illustrating the product in its intended use.

4. OPERATING INSTRUCTIONS

This stand is designed to support both heavy punching bags and speed bags, allowing for a variety of boxing and fitness exercises.

- **Punching Bag Use:** Attach your heavy bag to the main hook. Ensure the bag's weight does not exceed 60 kg.
- **Speed Bag Use:** If your model includes a speed bag platform, attach your speed bag accordingly.
- **Training:** Engage in various boxing techniques, improving skills, confidence, and agility.
- **Stability Check:** Always confirm the stand's stability before and during your workout. If any movement or instability is noted, immediately stop and add more counterweights to the base.



Image: A person is shown striking a red punching bag, demonstrating the stand's strong load capacity, capable of holding bags up to 60 kg.

5. MAINTENANCE

Regular maintenance will prolong the life of your SPORTNOW punching bag stand.

- **Cleaning:** Wipe down the frame with a damp cloth to remove dust and sweat. Avoid abrasive cleaners.
- **Hardware Check:** Periodically check all bolts, nuts, and connections for tightness. Re-tighten as necessary to ensure structural integrity.
- **Wear Inspection:** Inspect the frame for any signs of rust, cracks, or damage. Address any issues promptly to prevent further deterioration.
- **Storage:** When not in use for extended periods, especially if space is limited, the stand can be folded and stored in a dry place.

6. TROUBLESHOOTING

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

- **Stand Wobbles/Tips:**
 - Ensure the stand is on a completely flat and level surface.
 - Verify all assembly bolts are securely tightened.
 - **Crucially, add sufficient weight plates (not included) to the three posts on the base.**This is the most common solution for instability.
- **Difficulty Adjusting Height:**
 - Ensure the locking mechanism is fully loosened before attempting to slide the hanger.
 - Check for any obstructions or debris in the adjustment mechanism.
- **Squeaking Noises:**
 - Inspect all connection points and re-tighten any loose bolts.
 - Apply a small amount of lubricant to moving parts if necessary, avoiding contact with the punching bag.

7. SPECIFICATIONS

Model Number	A91-300V00BK
Brand	SPORTNOW
Material	Steel
Color	Black
Overall Dimensions (L x W x H)	170 cm x 90 cm x 182-225 cm (Adjustable Height)
Folded Dimensions (L x W x H)	182 cm x 43 cm x 25 cm
Adjustable Height Range	162 cm - 205 cm
Recommended Max Load	60 kg (132 lbs)
Product Weight	16 kg



Image: Detailed dimensions of the stand are provided, showing the overall length of 170 cm, width of 90 cm, and an adjustable height range from 182 cm to 225 cm.

8. WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please refer to the contact details provided with your purchase or visit the official SPORTNOW website. Keep your proof of purchase for any warranty claims.