

SPORTNOW A91-300V00BK

SPORTNOW Foldable Boxing Bag Stand

Model: A91-300V00BK

Brand: SPORTNOW

INTRODUCTION

Thank you for choosing the SPORTNOW Foldable Boxing Bag Stand. This manual provides essential information for the safe assembly, operation, and maintenance of your product. Please read it thoroughly before use and retain it for future reference.

Safety Information

- Ensure all parts are present and undamaged before assembly. Do not use if any parts are missing or faulty.
- Assemble the stand on a flat, stable surface.
- Always secure the stand with appropriate weight plates (not included) for maximum stability, especially during intense training.
- Do not exceed the maximum weight capacity of 60 kg for the boxing bag.
- Keep children and pets away from the stand during use.
- Regularly inspect the stand for loose bolts, cracks, or other damage. Discontinue use if damage is found.
- Wear appropriate protective gear when training.



Overview of the SPORTNOW Foldable Boxing Bag Stand. This image shows the stand in its upright, assembled position, ready for a boxing bag.

PACKAGE CONTENTS

Please verify that all components listed below are included in your package:

- Main Vertical Post
- Base Frame (Left and Right sections)
- Support Bars (2 units)
- Weight Plate Posts (3 units)
- Height Adjustment Knob
- Hook for Boxing Bag
- Assembly Hardware (bolts, nuts, washers, tools)
- Instruction Manual

Note: Boxing bag and weight plates are not included.

ASSEMBLY INSTRUCTIONS

Follow these steps carefully to assemble your boxing bag stand:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Check against the package contents list.
2. **Assemble Base Frame:** Connect the left and right sections of the base frame using the provided hardware. Ensure all bolts are tightened securely.
3. **Attach Vertical Post:** Secure the main vertical post to the center of the assembled base frame. Use the designated bolts and ensure it is firmly attached and upright.
4. **Install Support Bars:** Attach the two support bars from the vertical post to the outer sections of the base frame. These provide triangular stability. Tighten all connections.
5. **Insert Weight Plate Posts:** Screw or insert the three weight plate posts into their designated holes on the base frame. These posts are designed to hold standard weight plates (not included) for added stability.
6. **Attach Boxing Bag Hook:** Ensure the hook for the boxing bag is securely attached to the adjustable upper arm of the vertical post.

BASE TRIANGOLARE STABILE

Tre montanti per le piastre di peso per mantenere lo stativo bilanciato e sicuro



Close-up view of the three weight plate posts on the triangular base, designed to hold additional weights for enhanced stability. Weight plates are not included.

OPERATING INSTRUCTIONS

Attaching the Boxing Bag

Once the stand is fully assembled and stable, hang your boxing bag onto the hook located at the top of the vertical post. Ensure the bag's weight does not exceed 60 kg.

Adjusting Height

The stand features an adjustable height mechanism to accommodate different users and training preferences. The height can be adjusted between 162 cm and 205 cm (for the bag attachment point).

1. Loosen the height adjustment knob on the vertical post.
2. Carefully slide the upper section of the post to the desired height.
3. Ensure the adjustment pin engages fully into one of the pre-drilled holes.
4. Tighten the height adjustment knob firmly to secure the post in place.



Illustration showing the adjustable height feature of the stand, with a close-up of the adjustment knob and the range of height settings (162-205 cm).

Folding for Storage

The stand is designed to be foldable for convenient storage, optimizing space when not in use.

1. Remove the boxing bag from the hook.
2. If any weight plates are used, remove them from the posts.
3. Loosen the bolts connecting the two support bars to the base frame.
4. Carefully fold the base sections inwards towards the main vertical post.
5. Once folded, the stand can be stored in a compact space.



Visual representation of the stand's folding design, showing how the support bars are detached and the base folds for compact storage. The folded dimensions are 182x43x25 cm.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your boxing bag stand.

- **Cleaning:** Wipe down the stand with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are tight. Retighten as necessary.
- **Structural Integrity:** Inspect the metal frame for any signs of rust, cracks, or bending. Address any issues immediately.
- **Storage:** When not in use for extended periods, store the folded stand in a dry, cool place to prevent rust and

damage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Stand feels unstable during use.	Loose connections; insufficient weight on base.	Ensure all bolts are tightened. Add weight plates to the base posts.
Difficulty adjusting height.	Adjustment knob not fully loosened; pin stuck.	Loosen the knob completely. Gently wiggle the upper post while adjusting. Do not force.
Squeaking noises during use.	Loose connections; metal-on-metal friction.	Check and tighten all bolts. Apply a small amount of lubricant to pivot points if necessary.

SPECIFICATIONS

- **Overall Dimensions (LxWxH):** 170 x 90 x 182-225 cm
- **Folded Dimensions (LxWxH):** 182 x 43 x 25 cm
- **Adjustable Height Range (Hook):** 162-205 cm
- **Maximum Supported Bag Weight:** 60 kg
- **Product Weight:** Approximately 16 kg
- **Material:** Steel
- **Color:** Black



Diagram illustrating the key dimensions of the SPORTNOW boxing bag stand, including its width (90 cm), length (170 cm), and adjustable height range (182-225 cm overall).



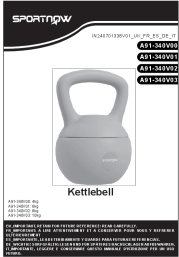
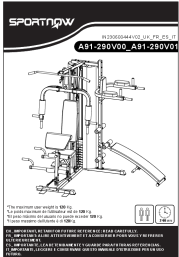




Image highlighting the maximum load capacity of the stand, indicating it can safely support a boxing bag up to 60 kg.

WARRANTY AND SUPPORT

For information regarding warranty coverage, replacement parts, or technical support, please refer to the contact details provided with your purchase documentation or visit the official SPORTNOW website. Please have your model number (A91-300V00BK) and purchase date ready when contacting support.

Related Documents - A91-300V00BK

	<p>SPORTNOW A91-378V00: Third Generation Smart Music Boxing Target Instruction Manual</p> <p>This manual provides detailed instructions for the SPORTNOW A91-378V00 Third Generation Smart Music Boxing Target, covering product description, installation, troubleshooting, usage, and precautions.</p>
	<p>SPORTNOW Weight Plates: Safety, Usage, and Product Information</p> <p>Official product information for SPORTNOW weight plates, including safety warnings, usage guidelines, warm-up advice, and product specifications (SKU, weight). Learn how to use your weight plates safely and effectively.</p>
	<p>SPORTNOW Kettlebell User Safety and Usage Guide</p> <p>Essential safety warnings, usage instructions, and contact details for SPORTNOW Kettlebells (Models A91-340V00, A91-340V01, A91-340V02, A91-340V03). Learn how to use your kettlebell safely.</p>
	<p>SPORTNOW Multi Gym A91-290V00/A91-290V01 User Manual and Safety Guide</p> <p>Comprehensive safety instructions, assembly guidance, usage tips, and maintenance information for the SPORTNOW Multi Gym models A91-290V00 and A91-290V01. Includes important warnings for safe operation.</p>
	<p>SPORTNOW Pull-up Bar User Manual & Assembly Instructions (A91-352V00/A91-352V01)</p> <p>Comprehensive user manual and assembly guide for the SPORTNOW Doorway Pull-up Bar (Models A91-352V00, A91-352V01). Includes installation steps, safety precautions, and load capacity reference.</p>
	<p>Sportnow A91-383V00 Weight Bench User Manual</p> <p>This manual provides instructions and safety information for the Sportnow A91-383V00 weight bench. It covers assembly, usage, cleaning, and maintenance, along with important warnings for users.</p>

