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**SPORTNOW A91-333V01BK**

# SPORTNOW Wall Mounted Speedball Platform Instruction Manual

Model: A91-333V01BK

## 1. PRODUCT OVERVIEW

The SPORTNOW Wall Mounted Speedball Platform is designed to enhance speed, accuracy, and overall boxing skills. This platform features a seven-level adjustable height mechanism and a 360-degree swivel speed ball for responsive training. It is suitable for home fitness environments and can be mounted on specific wall types.



Image: The SPORTNOW Wall Mounted Speedball Platform in use, demonstrating its compact design and functionality for boxing training.

## 2. SAFETY INFORMATION

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Please read and understand all safety instructions before installation and use. Failure to follow these instructions may result in injury or damage to the product.

- Ensure the mounting surface is structurally sound and capable of supporting the weight of the platform and the force generated during use.
- Always wear appropriate protective gear, such as boxing gloves and hand wraps, when using the speedball.
- Keep children and pets away from the speedball platform during use.
- Regularly inspect all components for wear, damage, or loose connections. Do not use if any part is damaged.
- Do not hang or climb on the speedball platform.

## 3. SETUP AND INSTALLATION

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### 3.1. Wall Requirements

The speedball platform is designed for secure mounting on:

- Concrete walls
- Solid brick walls
- Hard wooden walls

The wall must have a minimum thickness of 10cm (4 inches) to ensure stability and safety. Do not install on drywall, plasterboard, or hollow walls without proper reinforcement.



Image: Illustration detailing the recommended wall types (solid brickwork, concrete, hard wooden) and minimum thickness (10cm) required for safe installation.

### 3.2. Included Components

Before beginning installation, ensure all parts are present:

- Speedball Platform
- Speed Bag
- 360-Degree Swivel

- Mounting Hardware Kit (screws, washers, anchors)
- Pump for speed bag inflation

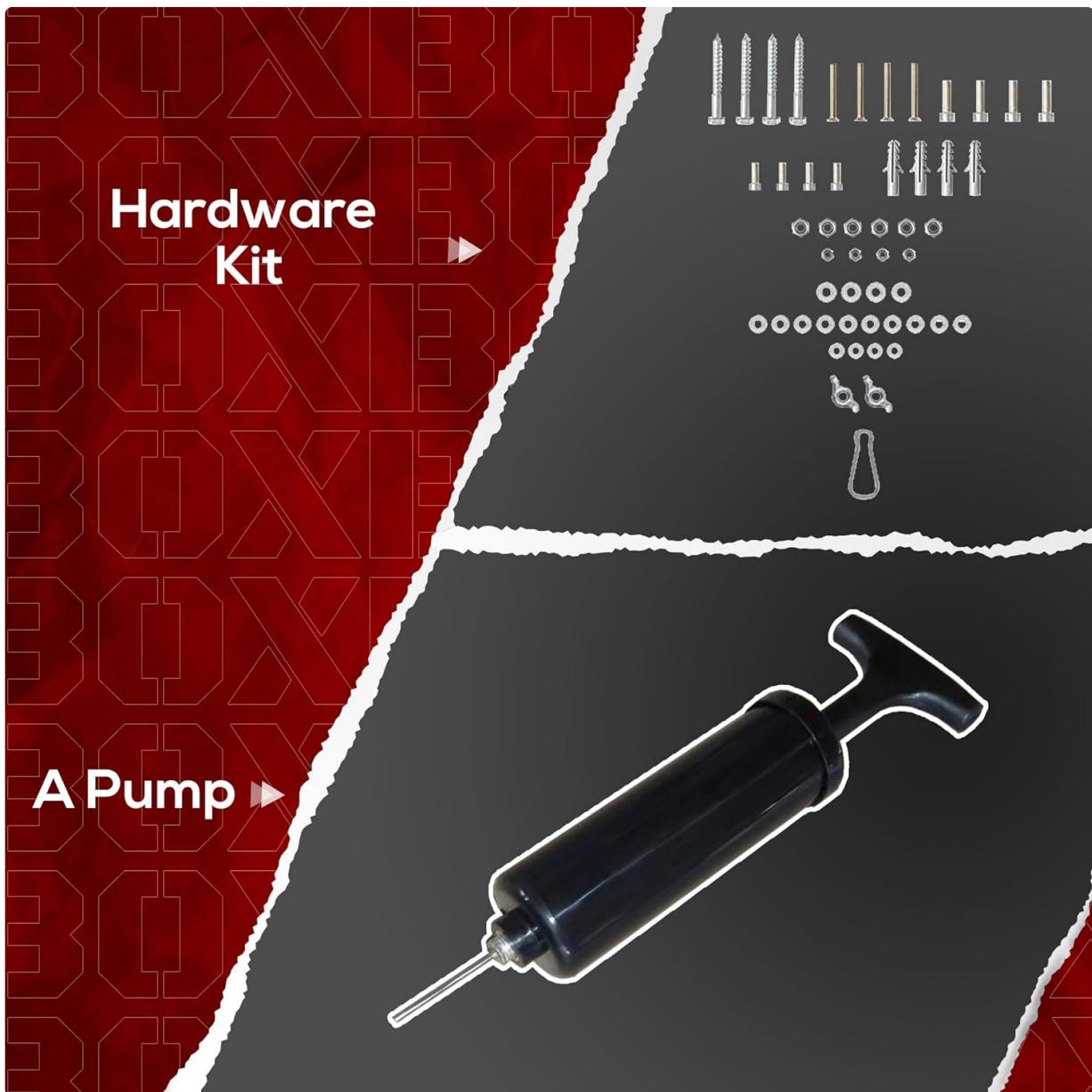


Image: A visual representation of the hardware kit, including different types of fasteners, and the hand pump provided for the speed bag.

### 3.3. Installation Steps

1. **Choose Location:** Select a suitable wall location that meets the thickness and material requirements. Ensure there is enough clear space around the platform for safe use.
2. **Mark Drilling Points:** Hold the wall bracket against the wall at the desired height. Use a pencil to mark the drilling points for the mounting screws. Ensure the bracket is level.
3. **Drill Holes:** Using an appropriate drill bit for your wall type, drill holes at the marked points. The depth and diameter of the holes should match the provided anchors.
4. **Insert Anchors:** Insert the wall anchors into the drilled holes. Tap them gently with a hammer until they are flush with the wall surface.
5. **Mount Bracket:** Align the wall bracket with the anchors and secure it using the provided screws. Tighten all screws firmly, but do not overtighten.
6. **Attach Platform:** Secure the speedball platform to the mounted bracket according to the assembly instructions.

7. **Install Swivel:** Attach the 360-degree swivel to the underside of the platform. Ensure it is securely fastened and rotates freely.
8. **Inflate Speed Bag:** Use the provided pump to inflate the speed bag to the recommended pressure. Do not overinflate.
9. **Attach Speed Bag:** Connect the inflated speed bag to the swivel using its loop.
10. **Final Check:** Verify that all connections are secure and the platform is stable before initial use.

### 3.4. Height Adjustment

The platform features a seven-level height adjustment mechanism. To adjust the height:

1. Locate the adjustment pins or levers on the side of the wall bracket.
2. Release the locking mechanism.
3. Carefully slide the platform up or down to the desired height.
4. Re-engage the locking mechanism to secure the platform at the new height. Ensure it is firmly locked before use.



Image: A diagram highlighting the 7-level adjustable height feature, demonstrating how users can customize the platform's position to suit their needs.

## 4. OPERATING INSTRUCTIONS

Once installed and adjusted, the speedball platform is ready for use. The 360-degree swivel ensures a responsive and consistent rebound, which is crucial for effective speed bag training.

- **Stance:** Stand with your feet shoulder-width apart, facing the speed bag.
- **Punching Technique:** Use light, rhythmic punches to strike the bag. Focus on hand-eye coordination and maintaining a consistent rhythm.
- **Swivel Action:** The 360-degree swivel allows the bag to move freely in any direction, requiring quick reflexes and precise timing to keep it in motion.
- **Rhythm and Control:** Practice controlling the bag's rebound and developing a continuous punching rhythm.

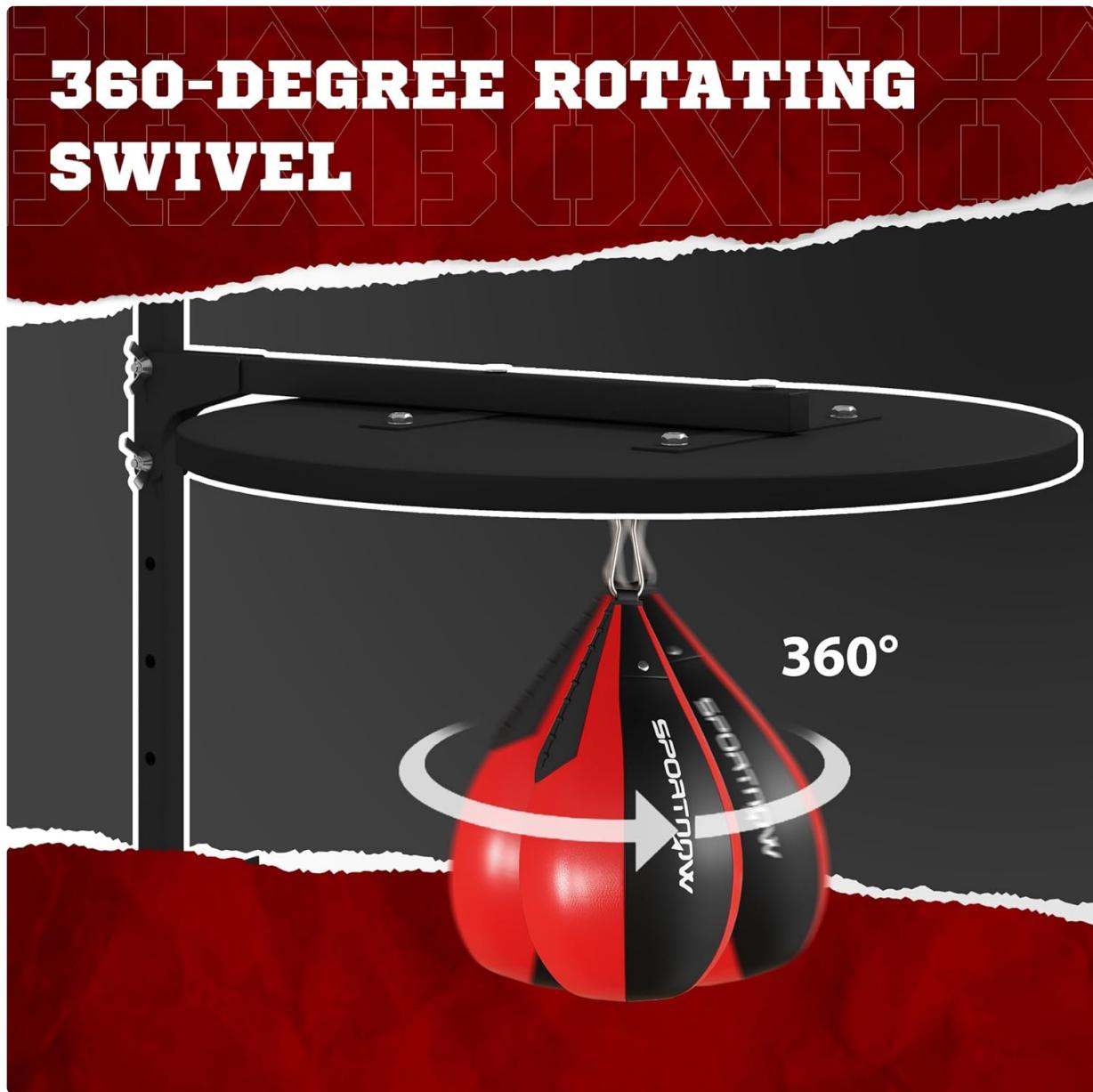


Image: A detailed view of the 360-degree rotating swivel, illustrating its design for smooth and consistent speed bag rebound.

## 5. MAINTENANCE

Regular maintenance will prolong the life of your speedball platform and ensure safe operation.

- **Cleaning:** Wipe down the platform and speed bag with a damp cloth after each use to remove sweat and dust. Avoid harsh chemicals.
- **Check Connections:** Periodically check all mounting screws and connections to ensure they remain tight. Retighten if necessary.
- **Speed Bag Inflation:** Monitor the inflation level of the speed bag. If it feels soft, use the provided pump to reinflate it to a firm but not overly rigid state.
- **Swivel Lubrication:** If the swivel action becomes stiff, apply a small amount of silicone-based lubricant to the rotating parts.
- **Inspect for Wear:** Regularly inspect the speed bag for any signs of wear, tears, or damage. Replace the bag if it shows significant wear.

## 6. TROUBLESHOOTING

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If you encounter issues with your speedball platform, refer to the following common problems and solutions:

- **Problem:** Speed bag does not rebound consistently.  
**Solution:** Check the inflation level of the speed bag. Ensure the 360-degree swivel is clean and rotates freely; lubricate if necessary.
- **Problem:** Platform feels unstable or wobbly.  
**Solution:** Check all mounting screws and wall anchors. Retighten any loose connections. Ensure the wall type meets the installation requirements.
- **Problem:** Noise during use.  
**Solution:** Inspect the swivel for any friction points and lubricate. Check for any loose components on the platform or bracket.

## 7. SPECIFICATIONS

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Feature	Detail
Model Number	A91-333V01BK
Overall Dimensions (H x L x W)	60cm x 73cm x 60cm (23.6 x 28.7 x 23.6 inches)
Speed Bag Dimensions (L x W)	25cm x 18cm (9.8 x 7.1 inches)
Item Weight	7 kg (15.4 lbs)
Outer Material	Vinyl or synthetic leather (Polyvinyl Chloride (PVC) or Polyurethane (PU))
Wall Compatibility	Concrete, solid brick, or hard wooden walls (thickness > 10cm)
Height Adjustment	7 levels
Swivel Type	360-degree rotating



Image: A detailed diagram illustrating the key dimensions of the speedball platform and speed bag for reference.

## 8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the retailer's policy or contact SPORTNOW customer service through their official channels. Keep your purchase receipt as proof of purchase.