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HOMCOM A91-120V00RD

HOMCOM Standing Punching Bag Instruction Manual

Model: A91-120V00RD

1. IMPORTANT SAFETY INFORMATION

Please read and understand all instructions before assembling and using this product. Failure to follow these instructions may result in injury or damage to the product.

- **Consult a Physician:** Before starting any new exercise program, especially one involving high-impact activities, consult with a healthcare professional.
- **Proper Assembly:** Ensure all components are correctly assembled and securely fastened according to the instructions. Do not use if any parts are damaged or missing.
- **Stable Surface:** Place the punching bag on a flat, stable, and non-slip surface. Ensure adequate clear space around the unit for safe movement.
- **Base Stability:** Always fill the base with sand, water, or a mixture as specified in the setup section to ensure maximum stability. An unfilled or improperly filled base can cause the unit to tip over.
- **Children and Pets:** Keep children and pets away from the punching bag during use. Adult supervision is required if children are near the equipment.
- **Proper Technique:** Use proper boxing or martial arts technique to avoid injury. Wear appropriate protective gear, such as gloves and hand wraps.
- **Regular Inspection:** Periodically inspect the punching bag for wear and tear, loose parts, or damage. Discontinue use if any damage is found and contact customer support.

2. PACKAGE CONTENTS

Carefully unpack all items and ensure you have received all the following components:

- 1 x Standing Punching Bag Unit (includes main pole, punching bag, swivel bar, 2 speed balls, and base)
- 1 x Instruction Manual

If any parts are missing or damaged, please contact HOMCOM customer service immediately.

3. SETUP AND ASSEMBLY

Assembly is required for this standing punching bag. Follow these steps carefully:

1. **Prepare the Base:** Place the empty base on your desired stable, flat surface.
2. **Fill the Base:** To ensure maximum stability, fill the base with a suitable material. You can use approximately **45 kg of sand, 30 liters of water,** or a **40 kg mixture of water and sand.** Ensure the base is completely sealed after filling.
3. **Attach the Main Pole:** Securely attach the main adjustable pole to the filled base. Ensure all connections are tightened.
4. **Install Punching Bag and Components:** Attach the main punching bag, the 360° swivel bar, and the two speed balls to the main pole as indicated in the diagram. Ensure all components are firmly secured.
5. **Adjust Height:** The main pole's height is adjustable between 160 cm and 230 cm. Loosen the adjustment knob, set the pole to your desired height, and then securely tighten the knob.
6. **Check Suction Cups:** The base features 12 powerful suction cups. Ensure these are making full contact with the floor for enhanced stability.



Figure 3.1: Illustration of the stable base with suction cups and options for filling with sand or water for stability.



Figure 3.2: Detail of the adjustable height feature, allowing customization from 160 cm to 230 cm.

4. OPERATING INSTRUCTIONS

The HOMCOM Standing Punching Bag is designed for comprehensive training, improving reflexes, coordination, and accuracy. Utilize its various components for a full-body workout.

- **Main Punching Bag:** Use the central punching bag for power strikes, combinations, and endurance training.
- **Speed Balls:** The two speed balls are ideal for improving hand-eye coordination, timing, and speed. Practice rhythmic punching to keep them in motion.
- **360° Swivel Bar:** The rotating bar is excellent for developing defensive skills, head movement, and counter-punching reflexes. Practice dodging and weaving while striking.
- **Adjustable Height:** Adjust the height of the unit to match your training needs and body height, ensuring optimal ergonomic positioning for different exercises.



Figure 4.1: Close-up of the 360° swivel bar and speed ball, highlighting their dynamic movement.



Figure 4.2: Examples of the punching bag in use for different training types and environments.

5. MAINTENANCE

Regular maintenance will prolong the life of your HOMCOM Standing Punching Bag and ensure safe operation.

- **Cleaning:** Wipe down the punching bag, speed balls, and frame with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals that may damage the materials.
- **Check Connections:** Periodically check all bolts, screws, and connections to ensure they are tight. Retighten if necessary.
- **Base Level:** Ensure the base remains adequately filled and the suction cups are clean and making good contact with the floor. Refill the base if you notice any reduction in stability.
- **Inspect for Wear:** Regularly inspect the PU leather surfaces of the punching bag and speed balls for any signs of tears, cracks, or excessive wear.
- **Storage:** If storing for an extended period, ensure the unit is clean and dry. Store in a cool, dry place away from direct sunlight.

6. TROUBLESHOOTING

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

- **Unit is Unstable/Wobbles:**

- **Solution:** Ensure the base is fully filled with sand or water as recommended. Check that the suction cups are clean and firmly pressed onto a smooth, non-porous surface. Verify all assembly bolts are tightened.

- **Components Feel Loose:**

- **Solution:** Inspect all connection points for the main pole, punching bag, swivel bar, and speed balls. Tighten any loose screws or bolts.

- **Height Adjustment Mechanism Slips:**

- **Solution:** Ensure the height adjustment knob is fully tightened after setting the desired height. Do not overtighten.

If the problem persists or you experience an issue not listed here, please contact HOMCOM customer support for assistance.

7. SPECIFICATIONS

Detailed specifications for the HOMCOM Standing Punching Bag (Model: A91-120V00RD):

Feature	Specification
Overall Dimensions (LxWxH)	88 x 50 x 160-230 cm (34.6" x 19.7" x 63"-90.5")
Main Column Dimensions (DxH)	Ø15 x 53 cm (Ø5.9" x 20.9")
Speed Ball Dimensions (DxH)	Ø14 x 16 cm (Ø5.5" x 6.3")
Swivel Bar Dimensions (DxL)	Ø8 x 50 cm (Ø3.1" x 19.7")
Base Dimensions (DxH)	Ø50 x 27 cm (Ø19.7" x 10.6")
Adjustable Height Range	160 - 230 cm (63" - 90.5")
Base Fill Capacity (Sand)	Up to 45 kg (99 lbs)
Base Fill Capacity (Water)	Up to 30 liters (7.9 gallons)
Base Fill Capacity (Sand & Water Mixture)	Up to 40 kg (88 lbs)
Materials	Steel, Polyurethane (PU), High-Density Polyethylene (HDPE)
Color	Red, Black
Item Weight (Empty)	11.5 kg (25.3 lbs)

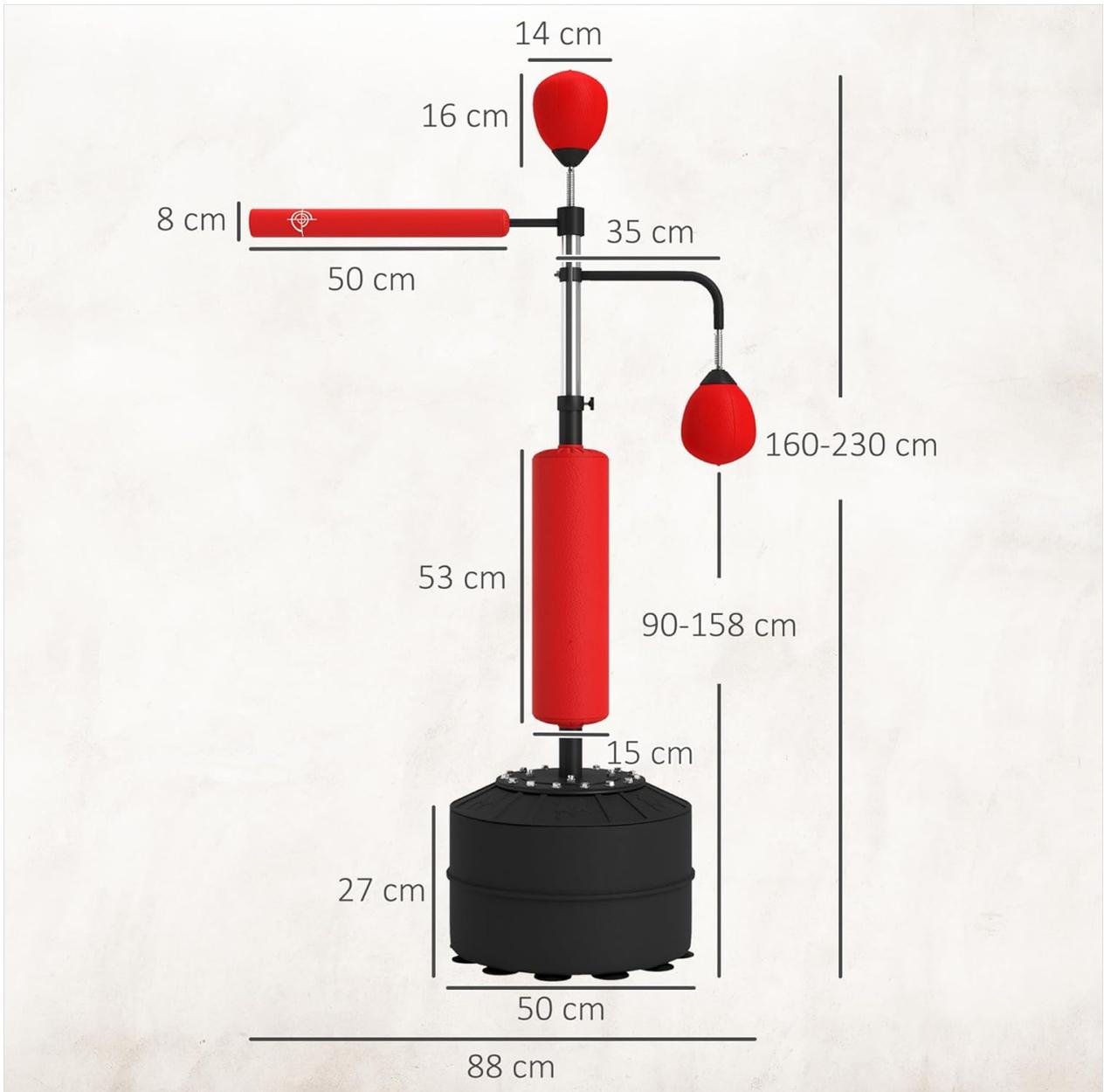


Figure 7.1: Dimensional overview of the punching bag components.

8. WARRANTY AND SUPPORT

HOMCOM products are designed and manufactured to high-quality standards. For warranty information, technical support, or to order replacement parts, please contact your retailer or visit the official HOMCOM website.

Please have your model number (A91-120V00RD) and purchase date available when contacting support.