Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

Soozier A91-455V00BK

Soozier Punching Bag with Stand (Model: A91-455V00BK) User Manual

Freestanding Boxing Stand with Canvas Sandbag

Introduction

This manual provides essential instructions for the safe assembly, operation, and maintenance of your Soozier Freestanding Punching Bag Stand. Please read this manual thoroughly before use and retain it for future reference.

Safety Information

- Ensure all components are securely fastened before each use.
- Do not exceed the maximum weight capacity of 55 lbs for the punching bag.
- Always use appropriate protective gear (gloves, wraps) when training.
- Place the stand on a flat, stable surface.
- Keep children and pets away from the stand during use.
- Regularly inspect the stand and bag for wear or damage. Discontinue use if any damage is found.

Package Contents

Verify that all parts are present before beginning assembly:

- 1 x Punching Bag Stand
- 1 x Canvas Sandbag (unfilled)
- 1 x Instruction Manual (this document)
- All necessary hardware for assembly

Setup and Assembly

Follow these steps to assemble your punching bag stand:

1. **Assemble the Base:** Connect the triangular base components using the provided hardware. Ensure all bolts are tightened securely to establish a stable foundation.



Image: The triangular base structure with weight plate holders. Adding weight plates (not included) enhances stability. The stand is designed for 1-inch standard weight plates.

2. **Attach the Vertical Pole:** Secure the vertical support pole to the assembled base. This pole forms the main structure of the stand.
3. **Install the Adjustable Upper Pole:** Insert the upper pole into the main vertical pole. This section features 17 adjustment holes for height customization.



Image: A user adjusting the height of the stand. The dual-position main pole allows for height adjustments between 72.8 inches and 90.9 inches.

4. **Fill the Punching Bag:** The canvas punching bag is shipped unfilled. Fill it with suitable materials such as sawdust, sand, foam, or shredded cotton fabric. **Important:** Do not fill with sand exclusively, and ensure the total weight does not exceed 55 lbs.



Image: Detail of the durable canvas sandbag, designed for wear resistance and quick rebound.

5. **Hang the Punching Bag:** Once filled, securely hang the punching bag from the hook on the upper pole using its chains.
6. **Adjust Height:** Adjust the height of the punching bag to your preferred training level using the adjustment knob and pin on the vertical pole.

Operating Instructions

The Soozier Punching Bag Stand is designed for various boxing, MMA, and kickboxing workouts. Follow these guidelines for effective and safe training:

- **Warm-up:** Always perform a proper warm-up before starting your workout to prevent injuries.
- **Stance and Form:** Maintain a balanced stance and proper form while striking the bag. Focus on technique over power initially.
- **Adjust Height:** Ensure the bag is at an appropriate height for your strikes and kicks. The adjustable pole allows for customization for different users and training types.
- **Stability:** For enhanced stability during intense workouts, utilize the integrated 1-inch weight plate pegs on the base.

Adding standard weight plates (not included) will help keep the stand firmly grounded.



Image: A user demonstrating punching technique on the freestanding bag in a home gym setting.



Image: A user performing a kick on the punching bag, highlighting the stand's suitability for various martial arts training.

Your browser does not support the video tag.

Video: An official product video demonstrating the Soozier Punching Bag Stand in use, highlighting its features and stability during various strikes and kicks.

Maintenance

Proper maintenance ensures the longevity and safety of your punching bag stand:

- **Cleaning:** Wipe down the steel frame with a damp cloth after each use to remove sweat and dust. The rust-proof steel is designed for durability.
- **Bag Care:** The canvas bag is tear-resistant. If it becomes dirty, wipe it with a damp cloth and mild soap, then allow it to air dry completely.
- **Hardware Check:** Periodically check all bolts and connections to ensure they remain tight. Re-tighten as necessary.
- **Storage:** Store the stand in a dry environment to prevent any potential moisture damage, although the steel is rust-proof.

Troubleshooting

Here are solutions to common issues you might encounter:

- **Stand Wobbles During Use:**
  - Ensure the stand is placed on a completely flat and level surface.
  - Verify all assembly bolts are securely tightened.
  - Add standard 1-inch weight plates to the designated pegs on the base for increased stability.
- **Punching Bag Swings Excessively:**
  - Check that the bag is filled evenly. Uneven filling can cause irregular swinging.
  - Ensure the bag is securely attached to the hanging hook.
- **Difficulty Adjusting Height:**
  - Loosen the adjustment knob completely before attempting to move the upper pole.
  - Ensure the adjustment pin is fully disengaged from the previous hole before repositioning.

Specifications

Product Specifications for Soozier Punching Bag Stand A91-455V00BK

Feature	Detail
Model Number	A91-455V00BK
Overall Dimensions	68.9" L x 35.8" W x 72.8"-90.9" H
Punching Bag Size	11.4" Dia. x 38.2" H
Adjustable Height Range	72.8" - 90.9" (dual-position main pole)
Weight Plate Holder Size	1" Dia. x 5.9" L (compatible with 1" standard weight plates)
Weight Capacity (Punching Bag)	55 lbs (max)
Material	Steel frame, Canvas bag
Color	Black
Item Weight	Approximately 44 lbs (stand only)



Image: Detailed dimensional drawing of the punching bag stand, illustrating its overall size and adjustable height range.

Warranty

This Soozier product is covered by a **1 Year Warranty Against Manufacturer Defects**. This warranty covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, abuse, accidents, unauthorized modifications, or normal wear and tear. Please retain your proof of purchase for warranty claims.

Customer Support

If you have any questions, require assistance with assembly, or need to report a missing or damaged part, please contact our customer support team:

- **Email:** support@soozier.com
- **Phone:** 1-800-XXX-XXXX (Available Monday-Friday, 9 AM - 5 PM EST)
- **Online Support:** Visit the official Soozier website for FAQs and additional resources.

Please have your model number (A91-455V00BK) and proof of purchase ready when contacting support.

© 2023 Soozier. All rights reserved. Information in this manual is subject to change without notice.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B0GQ8WPN71

More documents and user manuals: **https://manuals.plus/**