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> Soozier Punching Bag with Stand (Model A91-455V00BK) Instruction Manual

## Soozier A91-455V00BK

# Soozier Punching Bag with Stand (Model A91-455V00BK) Instruction Manual

Model: A91-455V00BK | Brand: Soozier

## 1. SAFETY INFORMATION

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

- Ensure all components are present and undamaged before assembly. Do not use if any parts are missing or broken.
- Assemble the stand on a flat, stable surface.
- Always wear appropriate protective gear, such as boxing gloves and hand wraps, when using the punching bag.
- Do not exceed the maximum recommended weight capacity for the punching bag (55 lbs).
- Regularly inspect the stand and punching bag for wear, loose bolts, or damage. Tighten all bolts before each use.
- Keep children and pets away from the punching bag during use.
- Consult a physician before starting any new exercise program.

## 2. PRODUCT OVERVIEW

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The Soozier Punching Bag with Stand is designed for home gym use, offering a stable platform for boxing, MMA, and kickboxing workouts. It features an adjustable height frame and a canvas punching bag.

### Key Features:

- **Adjustable Height:** The stand offers two height ranges (68.9"-86.6" and 72.8"-90.9") with a 17-hole upper pole and dual-position main pole for versatile training.
- **Canvas Punching Bag:** An unfilled canvas punching bag is included, ready for user-selected filler materials.
- **Enhanced Stability:** Features a robust steel frame with a triangular base and integrated 1" weight plate pegs for added stability (weight plates not included).

- **Freestanding Design:** No drilling or ceiling mounting required, suitable for various indoor spaces.
- **Durable Construction:** Rust-proof steel and tear-resistant canvas bag ensure long-term use.



*Image 2.1: A user engaging with the Soozier Punching Bag with Stand.*

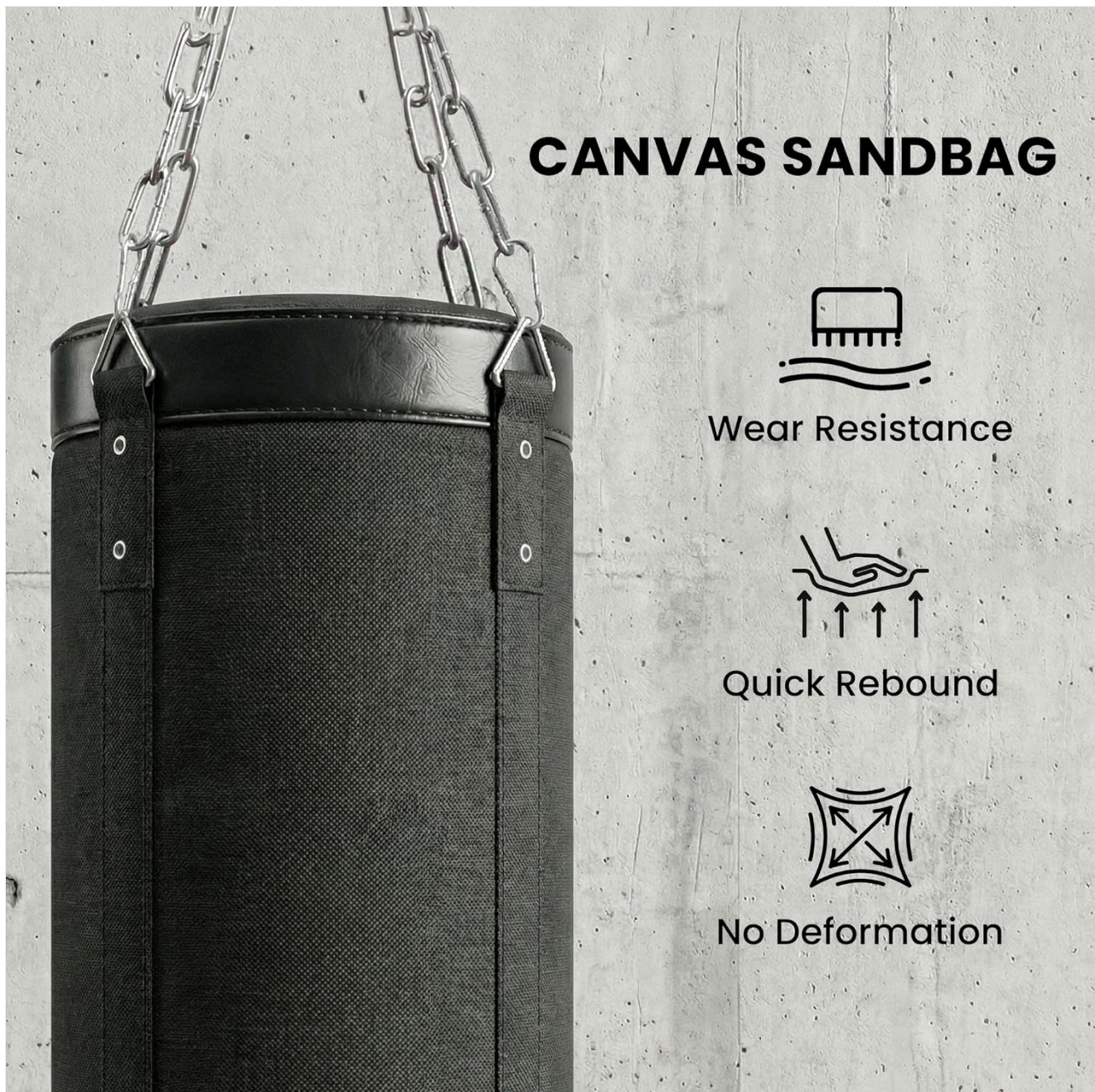


Image 2.2: Features of the canvas punching bag.

### 3. ASSEMBLY INSTRUCTIONS

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Assembly is required. Please follow these steps carefully. It is recommended to have two people for assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Verify all components listed in the parts list (refer to your product packaging for a complete list) are present.
2. **Assemble the Base:** Connect the triangular base sections using the provided bolts and nuts. Ensure all connections are secure but do not fully tighten yet.
3. **Attach Main Pole:** Secure the main vertical pole to the assembled base.
4. **Install Upper Pole:** Insert the upper pole into the main pole. Adjust to the desired height using the 17-hole adjustment system and secure with the locking knob.
5. **Attach Punching Bag Hanger:** Secure the punching bag hanger arm to the top of the upper pole.
6. **Final Tightening:** Once all parts are loosely assembled, ensure the stand is level and stable, then fully tighten all bolts and nuts.

7. **Hang Punching Bag:** Attach the canvas punching bag to the hanger using its chains.



Image 3.1: Illustration of the adjustable height feature.

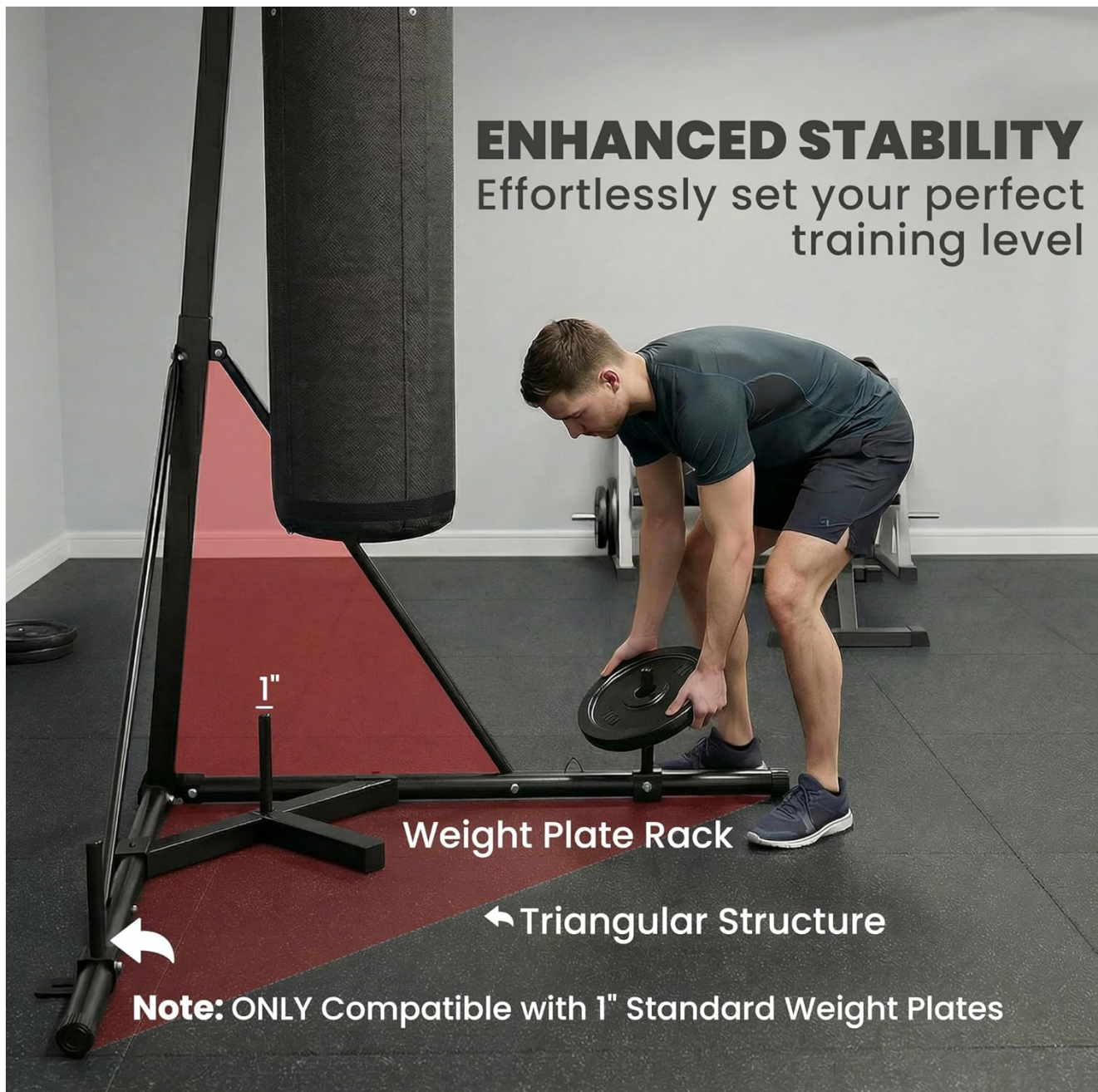


Image 3.2: Demonstrating the use of weight plates for enhanced stability. Note: Only 1" standard weight plates are compatible.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Filling the Punching Bag

The canvas punching bag is shipped unfilled. You will need to fill it with suitable materials before use. The maximum recommended filling weight is 55 lbs.

- **Recommended Fillers:** Sawdust, sand, foam, shredded cotton fabric, or used clothes.
- **Important Note:** Do not fill with sand exclusively, as this can make the bag excessively hard and heavy, potentially causing injury or damage. A mix of materials is ideal for optimal density and impact absorption.
- **Filling Process:** Gradually add your chosen filler materials, compacting them as you go to ensure an even density throughout the bag. Close the top securely once filled.



Image 4.1: Examples of suitable filler materials for the punching bag.

## 4.2 Adjusting Height

The stand's height can be adjusted to suit different users and training preferences.

1. Loosen the locking knob on the main pole.
2. Adjust the upper pole to one of the 17 available height settings.
3. Securely tighten the locking knob to fix the height.
4. The dual-position main pole also allows for two overall height ranges: 68.9"-86.6" and 72.8"-90.9".

## 4.3 Using the Punching Bag

- Before each use, ensure the stand is stable and all bolts are tight.
- Wear appropriate protective gear (gloves, wraps).
- Practice proper form and technique to avoid injury.
- For additional stability, place 1" standard weight plates on the integrated pegs at the base.

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Video 4.2: Demonstration of the Soozier Punching Bag with Stand in use, highlighting its stability and suitability for various strikes.

## 5. MAINTENANCE

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

- **Cleaning:** Wipe down the steel frame with a damp cloth to remove sweat and dust. The canvas bag can be spot cleaned with mild soap and water. Ensure all parts are dry before storage.
- **Inspection:** Periodically check all bolts, nuts, and connections for tightness. Re-tighten as necessary. Inspect the punching bag for any tears or excessive wear.
- **Storage:** Store the punching bag stand in a dry environment to prevent rust.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Stand wobbles during use.	Loose bolts; uneven surface; insufficient weight on base.	Ensure all bolts are securely tightened. Move to a flat, level surface. Add 1" standard weight plates to the base pegs for increased stability.
Punching bag feels too hard/soft.	Incorrect filler material or density.	Adjust the filler material. For a softer bag, add more shredded fabric or foam. For a firmer bag, add more sand (mixed with other materials). Do not exceed 55 lbs.
Height adjustment mechanism is stuck.	Locking knob too tight; debris in adjustment holes.	Loosen the locking knob completely. Check for any obstructions in the adjustment holes and clear them. Apply a small amount of lubricant if necessary.

## 7. SPECIFICATIONS

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	68.9"-86.6" and 72.8"-90.9"
Weight Plate Holder Size	1" Dia. x 5.9" L
Weight Capacity (Punching Bag)	55 lbs (maximum filler weight)
Material	Steel (frame), Canvas (bag)
Color	Black
Item Weight (Stand)	Approximately 44 lbs (unfilled bag and stand)
Included Components	Punching bag stand, sandbag (unfilled), manual



Image 7.1: Detailed dimensions of the punching bag stand.

## 8. WARRANTY AND SUPPORT

This Soozier product is manufactured by Aosom LLC.

- **Warranty:** 1 Year Warranty Against Manufacturer Defects.
- For warranty claims or technical support, please contact Aosom LLC customer service. Refer to your purchase documentation for contact details.