



Folding Punch Bag Stand Frame

211914

INSTRUCTION MANUAL

www.monstershop.co.uk



SPECIFICATION

PRODUCT DESCRIPTION

This Monster Shop high-quality Folding Punch Bag Stand Frame is designed to be used for a heavy punch bag.

This Folding Punch Bag Stand Frame is adjustable and ready for use in high-intensity training.

This product is flat-packed, and is supplied with all the fixings required for self-assembly.

ITEM CONTENTS

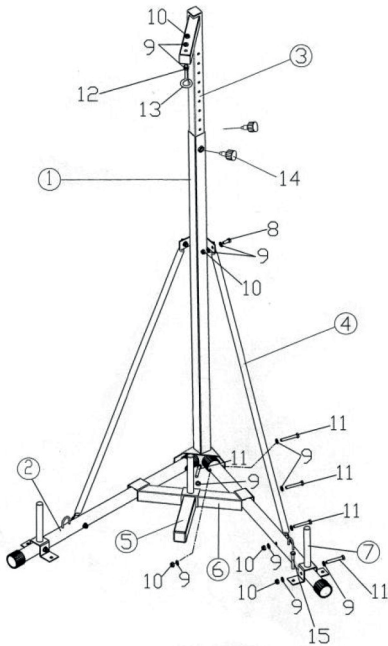
No.	Part name	Q'ty
1	Vertical Rod	1
2	Bottom pipe	2
3	Adjustment bracket	1
4	Supporting tube	2
5	Middle barbell tube	1
6	Lower transverse rod	1
7	Barbell tube	2
8	Bolt M10*25	2
9	Flat washer 10	21
10	Nut 10	9
11	Bolt M10*70	9
12	Hexagon Nut 10	1
13	Hook	1
14	Pop pin	2
15	M10 Expansion screw	2

SPECIFICATION

PRODUCT SPECIFICS

Material:	Steel and Plastic
Size:	D100*W135*H182-230cm
Adjustable height range:	48cm (19")
Base Width:	135cm (53")
Max. Load capacity:	68kg (150lbs)
Weight:	approx. 20kg

ASSEMBLY INSTRUCTIONS



1. Place No.5 part on No.6 part and fix it with screws.
2. Place No.2 part on both sides of No.6 part and fix it with screws.
3. Fix the two ends of No.4 part to No.1 part and No.2 part with screws respectively.
4. Fix No.7 part to No.2 part with screws and fix the bracket with expansion screws.
5. Fix No.13 part to the front end of No.3 part.
6. Insert No. 3 part into No. 1 part and fix it with No.14 part, and the height can be adjusted by yourself.

Monster Group UK Limited's liability will be limited to the commercial value of the product only.

SAFETY ADVICE

SAFE WORKING PRACTICE

- Ensure the Folding Punch Bag Stand Frame is only used indoors and on a level surface.
- Be careful when lifting and assembling the components as they are quite fragile and heavy.
- There may be debris and/or sawdust in the pre-drilled holes. Remove this before commencing with assembly. Use gloves to remove it.
- Make sure each component is properly and securely locked before continuing with the assembly process.
- Use appropriate cleaning products to clean the Folding Punch Bag Stand Frame.
- Do not exceed the advised maximum weight capacity of 300kg.
- Make sure you apply a primer before painting the Folding Punch Bag Stand Frame.
- Ensure any modifications are made in the open air, a safe distance away from others.

TROUBLESHOOTING

RESOLUTION GUIDE

WHAT DO I DO IF THERE ARE MISSING PARTS FROM MY ORDER?

If there appears to be any part missing from your order, contact our friendly and helpful Customer Support Team within 7 days of receipt.

**FOR ALL OTHER ISSUES, PLEASE CONTACT OUR
CUSTOMER SUPPORT TEAM.**



SPÉCIFICATIONS

DESCRIPTION DU PRODUIT

DÉTAILS DU PRODUIT

LISTE DES PIÈCES

SPÉCIFICATIONS

CARACTÉRISTIQUES DU PRODUIT

La responsabilité de Monster Group UK Limited sera limitée à la valeur commerciale du produit.

CONSEILS DE SÉCURITÉ

 PRATIQUE DE TRAVAIL SÉCURITAIRE

MODE D'EMPLOI

INSTRUCTIONS DE MONTAGE

MODE D'EMPLOI

ENTRETIEN

DÉPANNAGE

GUIDE DE RÉOLUTION

QUE FAIRE S'IL MANQUE DES PIÈCES À MA COMMANDE?

S'il semble manquer des pièces à votre commande, contactez notre équipe du service client dans les 7 jours suivant la réception.

**POUR TOUT AUTRE PROBLÈME, VEUILLEZ
CONTACTER NOTRE ÉQUIPE DU SERVICE CLIENT.**



SPEZIFIKATIONEN

PRODUKTBESCHREIBUNG

PRODUKTSPEZIFIKA

TEILELISTE

SPEZIFIKATION

PRODUKTMERKMALE

Die Haftung von Monster Group UK Limited ist auf den Handelswert des Produkts beschränkt.

SICHERHEITSHINWEIS

 SICHERES ARBEITEN

BENUTZERLEITFADEN

MONTAGEANLEITUNGEN

BENUTZERLEITFADEN

WARTUNG

FEHLERBEHEBUNG

LÖSUNGSGUIDE

WAS MACHE ICH, WENN BEI MEINER BESTELLUNG TEILE FEHLEN?

Falls bei Ihrer Bestellung ein Teil zu fehlen scheint, wenden Sie sich bitte innerhalb von 7 Tagen nach Erhalt der Ware an unser freundliches und hilfsbereites Kundenservice-Team.

**FÜR ALLE ANDEREN FRAGEN WENDEN SIE SICH BITTE AN
UNSER KUNDENSERVICE-TEAM.**



ESPECIFICACIONES

DESCRIPCIÓN DEL PRODUCTO

ESPECIFICACIONES DEL PRODUCTO

LISTA DE PIEZAS

ESPECIFICACIONES

CARACTERÍSTICAS DEL PRODUCTO

La responsabilidad de Monster Group UK Limited estará limitada únicamente al valor comercial del producto.

CONSEJOS DE SEGURIDAD

PRÁCTICAS DE TRABAJO SEGURAS

GUÍA DEL USUARIO

INSTRUCCIONES DE ENSAMBLAJE

GUÍA DEL USUARIO

MANTENIMIENTO

SOLUCIÓN DE PROBLEMAS

GUÍA DE RESOLUCIÓN

¿QUÉ PUEDO HACER SI LE FALTAN PIEZAS A MI PEDIDO?

Si parece faltar alguna pieza en su pedido, por favor, comuníquese con nuestro amable y servicial Equipo de Atención al Cliente en los 7 días posteriores a la recepción de su pedido.

**PARA CUALQUIER OTRO PROBLEMA, POR FAVOR CONTACTE
CON NUESTRO EQUIPO DE ATENCIÓN AL CLIENTE**



SPECIFICHE

DESCRIZIONE DEL PRODOTTO

SPECIFICHE DEL PRODOTTO

LISTA COMPONENTI

SPECIFICHE

CARATTERISTICHE DEL PRODOTTO

La responsabilità di Monster Group UK Limited sarà limitata al solo valore commerciale del prodotto.

CONSIGLI PER LA SICUREZZA

 PRATICHE DI LAVORO SICURO

GUIDA UTENTE

ISTRUZIONI PER IL MONTAGGIO

GUÍA DEL USUARIO

MANTENIMIENTO

RISOLUZIONE DEI PROBLEMI

GUIDA ALLA RISOLUZIONE DEI PROBLEMI

COSA DEVO FARE SE NEL MIO ORDINE CI SONO DELLE PARTI MANCANTI?

Se sembra che all'interno del tuo ordine manchino delle parti, contatta il nostro gentile e disponibile team di assistenza clienti entro 7 giorni dalla ricezione del tuo ordine.

**PER QUALUNQUE ALTRO PROBLEMA, CONTATTA IL NOSTRO
TEAM DI ASSISTENZA CLIENTI.**



OMSCHRIJVING

PRODUCT OMSCHRIJVING

PRODUCTSPECIFICATIES

ONDERDELENLIJST

SPECIFICATIE

PRODUCT SPECIFICATIE

De aansprakelijkheid van Monster Group UK Limited is beperkt tot de commerciële waarde van het product.

VEILIGHEIDSADVIIES

 VEILIG GEBRUIK

HANDLEIDING

MONTAGE-INSTRUCTIES

HANDLEIDING

ONDERHOUD

PROBLEEM OPLOSSEN

OPLOSSINGEN

WAT MOET IK DOEN ALS ER ONDERDELEN VAN MIJN BESTELLING ONTBREKEN?

Neem wanneer een onderdeel van je bestelling ontbreekt binnen 7 dagen na ontvangst contact op met onze vriendelijke en behulpzame klantenservice.

**NEEM VOOR ALLE ANDERE KWESTIES CONTACT
MET ONZE KLANTENSERVICE OP.**



SPECIFIKATION

PRODUKTBESKRIVNING

PRODUKTSPECIFIKATIONER

MEDFÖLJANDE DELAR

SPECIFIKATION

PRODUKTFUNKTIONER

SÄKERHETSÅD

 SÄKER ARBETSÖVNING

ANVÄNDARGUIDE

MONTERINGS INSTRUKTIONER

BRUKSANVISNING

SKÖTSEL

FELSÖKNING

LÖSNINGSGUIDE

VAD GÖR JAG OM DET SAKNAS DELAR FRÅN MIN BESTÄLLNING?

Om det verkar som om någon del saknas i din beställning, kontakta vårt vänliga och hjälpsamma kundsupportteam inom 7 dagar efter mottagandet.

**FÖR ALLA ANDRA FRÅGOR, VÄNLIGEN KONTAKTA VÅRT
KUNDSUPPORTTEAM.**

Monster Group (UK) is one of the UK's fastest growing online retailers. We supply a diverse range of products which offer exceptional value for money. We strive to provide the best possible customer experience with free UK delivery across all our products and a Monster Guarantee for 100% satisfaction.

For information regarding this device or other products from our Monster divisions please contact Sales.

SALES

TEL: 01347 878 888
EMAIL: hello@monstershop.co.uk

For queries about this device, warranty, returns or reporting faults please contact Support.

SUPPORT

TEL: 01347 878 887
EMAIL: help@monstershop.co.uk

Pour plus d'informations concernant cet appareil ou d'autres produits de nos divisions de Monster veuillez utiliser les détails suivants ci-dessous.

DÉPARTEMENT COMMERCIAL

TEL: 01347 878 888
EMAIL: bonjour@monstershop.eu

Pour les interrogations concernant cet appareil, la garantie, les retours ou les défauts de déclaration veuillez utiliser les détails suivants ci-dessous.

DÉPARTEMENT DE SOUTIEN

TEL: 01347 878 887
EMAIL: help@monstershop.co.uk

Para información sobre este dispositivo u otros productos de nuestras divisiones de Monster por favor use los siguientes detalles.

DEPARTAMENTO DE VENTAS

TEL: 01347 878 888
EMAIL: hola@monstershop.eu

Para consultas sobre este dispositivo, la garantía, devoluciones o denuncias de fallos por favor use los siguientes detalles.

DEPARTAMENTO DE SOPORTE

TEL: 01347 878 887
EMAIL: help@monstershop.co.uk

Für Informationen bezüglich dieses Geräts oder anderer Produkte aus unserer Monster-Abteilung, benutzen sie die folgenden unten aufgeführten Angaben.

VERKAUFSABTEILUNG

TEL: 01347 878 888
EMAIL: hallo@monstershop.eu

Für Fragen über dieses Gerät, die Garantie, Rückgaben oder bei Störungen, benutzen sie die folgenden unten aufgeführten Angaben.

SUPPORT-ABTEILUNG

TEL: 01347 878 887
EMAIL: help@monstershop.co.uk

Per informazioni riguardanti questo dispositivo o altri prodotti dalle categorie Monster utilizzare i dettagli sotto riportati.

DIPARTIMENTO VENDITE

TEL: 01347 878 888
EMAIL: ciao@monstershop.eu

Per domande riguardo dispositivo, garanzia, reso o per riferire di guasti, utilizzare i dettagli sotto riportati.

DIPARTIMENTO SUPPORTO

TEL: 01347 878 887
EMAIL: help@monstershop.co.uk

Voor informatie over dit apparaat of andere producten van onze Monster-divisies kunt u contact opnemen met onze verkoop afdeling. Significantes details.

VERKOOP

TEL: 01347 878 888
EMAIL: hello@monstershop.co.uk

Voor vragen over dit apparaat, garantie, retourzendingen of het melden van fouten kunt u contact opnemen met de klanten support details.

SUPPORT

TEL: 01347 878 887
EMAIL: help@monstershop.co.uk

För information om denna enhet eller andra produkter från våra Monster-divisioner vänligen kontakta vårt hjälpsamma säljteam. Önska ytterligare detaljer.

SALES

TEL: 01347 878 888
EMAIL: hello@monstershop.co.uk

Kontakta vår kundsupport för frågor om denna enhet, garanti, retur eller felrapportering.

SUPPORT

TEL: 01347 878 887
EMAIL: help@monstershop.co.uk

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 **Try Monster. Buy Monster. Be Monster.** 