GymBeam

USER MANUAL

Adjustable Boxing Bag



***Model**: Adjustable Boxing Bag 150 cm / 30–50 kg*

1. GENERAL SAFETY INSTRUCTIONS

1.1 Personal Safety

Consult a physician before beginning an exercise program. Use suitable boxing gloves and hand protection. Keep children away from the product. Inspect chains, rings, straps and stitching before every use. Discontinue use if damage is found.

1.2 Set-Up Place

Install only on a secure load-bearing ceiling mount or bracket. Ensure sufficient free space around the bag. Use indoors in a dry environment and keep away from heat sources.

2. TECHNICAL DATA

Height	150 cm
Diameter	30 cm
Weight	30–50 kg
Material	Premium Black PU
Suspension	Metal Chain Reinforcement
Filling	Crushed/recycled PU, leather and fabric material waste
Brand	GymBeam
Packaging	Transparent Polybag
Identification	Bag Number and EAN Sticker

3. INSTALLATION INSTRUCTIONS

1. Remove packaging.

2. Check the bag and chain assembly.

3. Attach chains to all hanging points.

4. Connect the top ring to a suitable ceiling hook.

5. Verify all connections before training.

4. CARE & MAINTENANCE

Clean with a damp cloth

Do not use harsh chemicals

Store in a dry place

Regularly inspect chains, rings and stitching

Do not wear jewellery like rings while using the punching bag

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