

GOLD'S[®] GYM

Wall Mounted Speed Bag Rack

Model No. GSB02

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

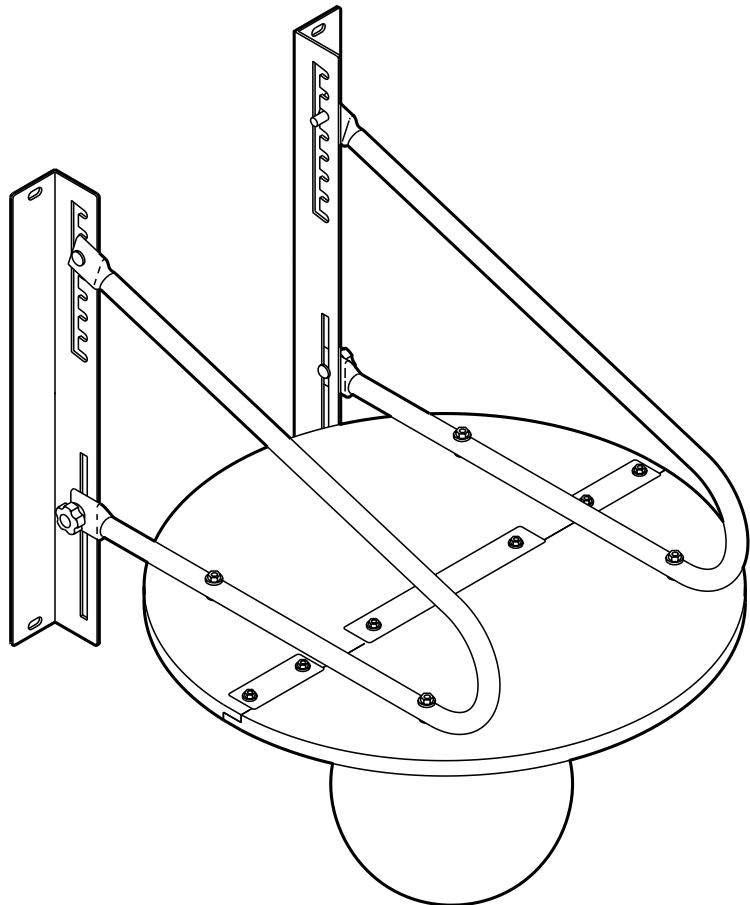
TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-288-4802

Mon.–Fri., 8 a.m.–5 p.m. CST

USER'S MANUAL



△ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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Important Precautions

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the GOLD'S GYM® WALL MOUNTED SPEED BAG RACK.

1. Read all instructions in this manual before using the SPEED BAG RACK.
2. Use the SPEED BAG RACK only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the SPEED BAG RACK are informed of all precautions.
4. The SPEED BAG RACK is intended for home use only. Do not use the SPEED BAG RACK in a commercial, rental, or institutional setting.
5. Keep children under the age of 12 away from the SPEED BAG RACK at all times.
6. Learn correct technique before using the SPEED BAG RACK. Always wear the proper protective gear for your hands and wrists while using the SPEED BAG RACK. Using the SPEED BAG RACK without correct technique or the proper gear could result in serious injury.
7. If you feel faint, dizzy, or short of breath while using the SPEED BAG RACK, stop immediately and cool down.
8. The decal shown at the right has been placed on the SPEED BAG RACK in the location shown below. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-288-4802 and ask for a free replacement decal. Apply the decal in the location shown.

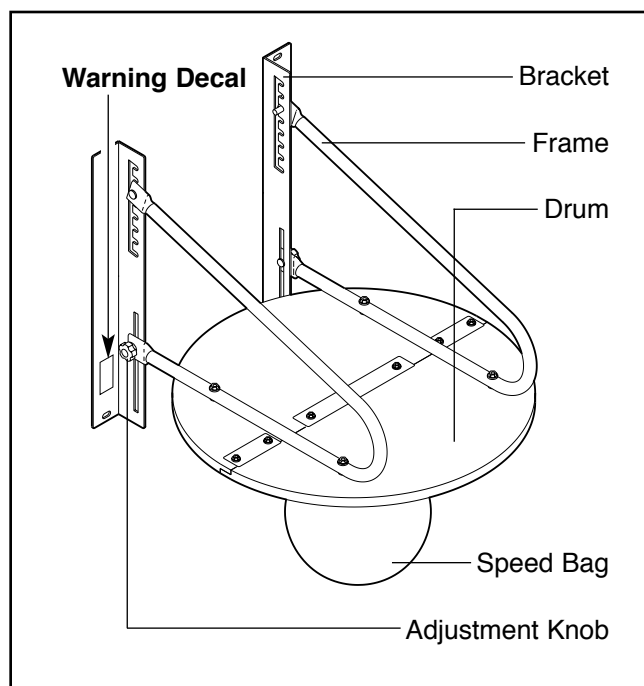
⚠ WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

Before You Begin

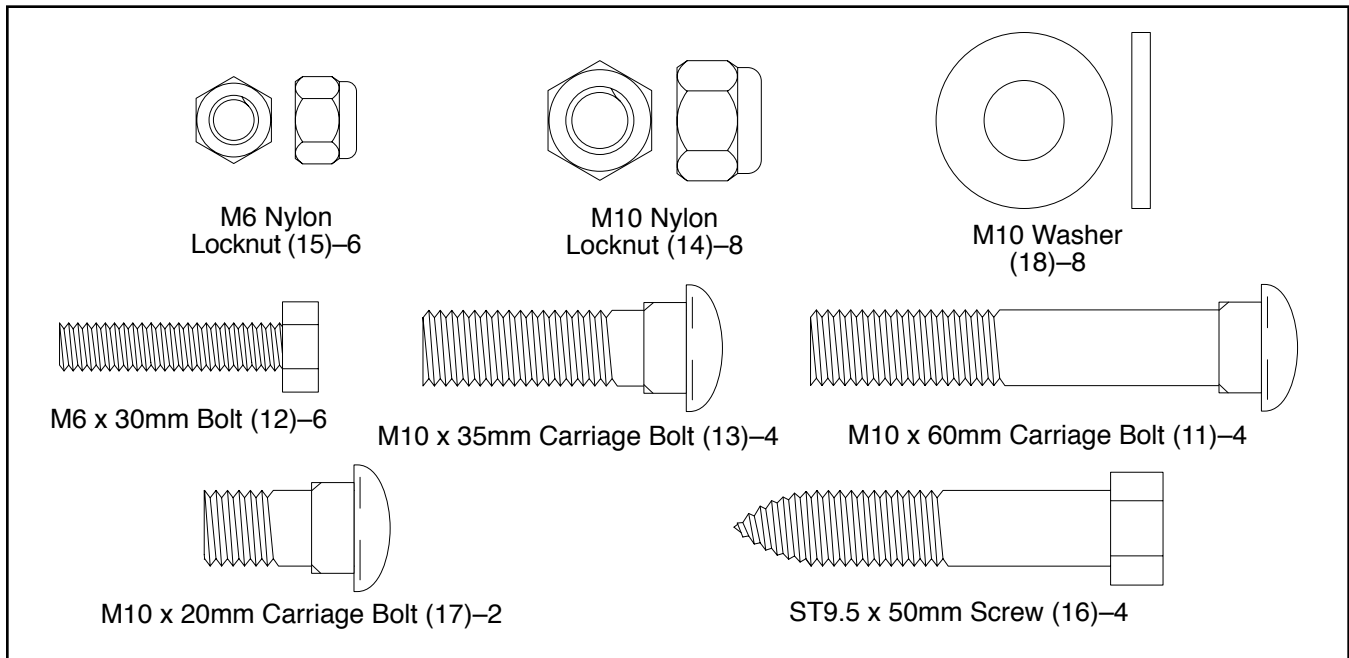
Congratulations for purchasing the new GOLD'S GYM® WALL MOUNTED SPEED BAG RACK. The WALL MOUNTED SPEED BAG RACK is designed to develop speed, accuracy, and timing while toning the upper-body muscles. Used as part of a fitness program that includes regular aerobic exercise and a proper diet, the SPEED BAG RACK will help you to look better, feel better, and enjoy the benefits of better fitness.

Before using the SPEED BAG RACK, please read this manual carefully. If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-800-288-4802, Monday through Friday, 8 a.m. until 5 p.m. Central Time (excluding holidays). Please mention the product model number (GSBR02) when calling.

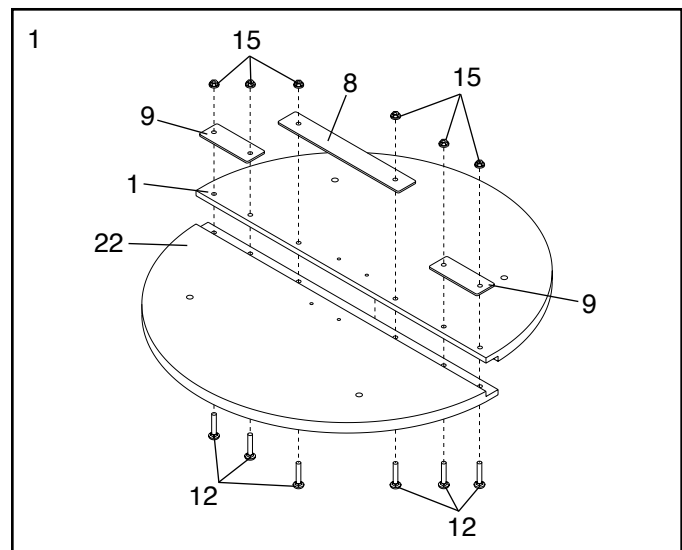


Assembly

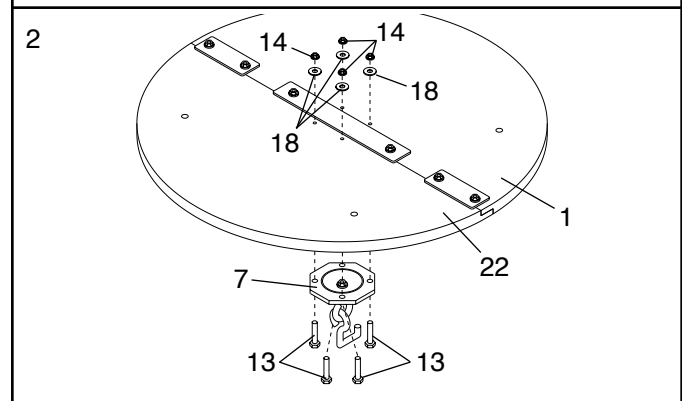
Assembly requires two persons. Place all parts of the SPEED BACK RACK in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed. Assembly requires two adjustable wrenches (not included).**



1. Fit the two Drum Sections (1, 22) together as shown. Orient the Drum Sections so that the chamfered holes are facing down. Connect the Drum Sections with the six M6 x 30mm Bolts (12), the Large Plate (8), the two Small Plates (9), and the six M6 Nylon Locknuts (15) as shown.

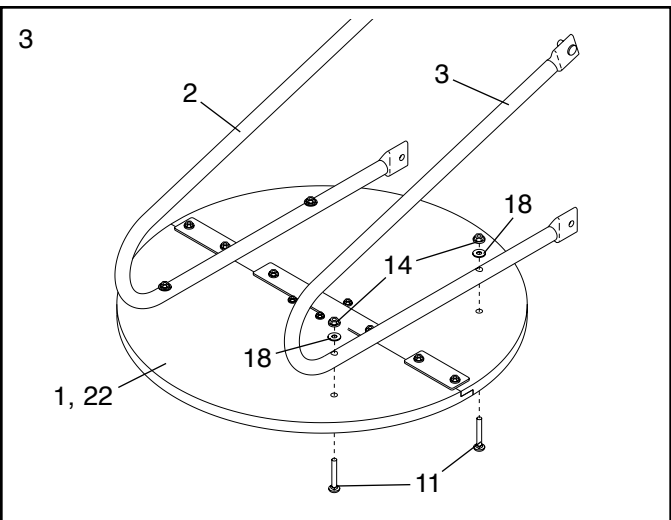


2. Attach the Swivel Hook Mount (7) to the Drum Sections (1, 22) with the four M10 x 35mm Carriage Bolts (13), four M10 Washers (18), and four M10 Nylon Locknuts (14).



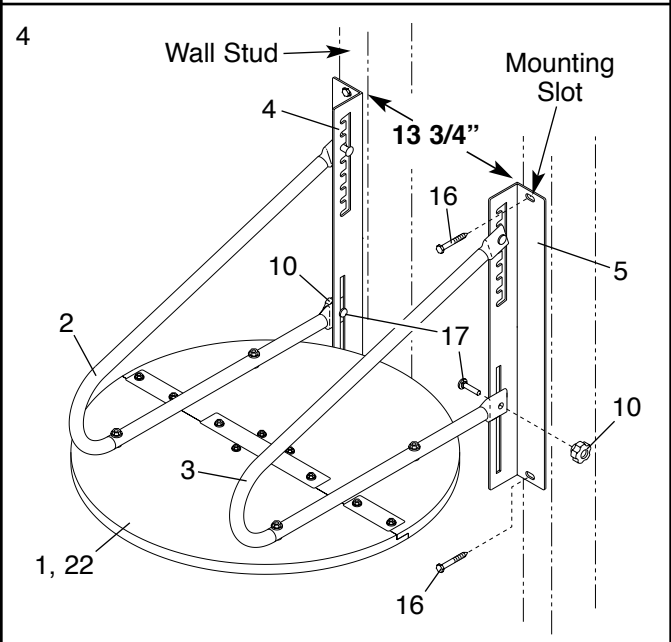
3. Attach the Right Frame (3) to the Drum Sections (1, 22) with two M10 x 60mm Carriage Bolts (11) and two M10 Nylon Locknuts (14). **Do not tighten the Nylon Locknuts yet.**

Attach the Left Frame (2) in the same way.



4. Hold the Left and Right Brackets (4, 5) against the wall where the SPEED BAG RACK will be used. **Align the four mounting slots with wall studs as shown.** The inner edges of the Brackets should be 13 3/4" apart. Have a second person hold the Frames (2, 3) and the Drum Section (1, 22) in front of the Brackets to make sure that the Brackets are in the correct positions. When the SPEED BAG RACK is assembled, the Drum should be just higher than the user's head. Mount each Bracket to the wall with two ST9.5 x 50mm Screws (16). **The Screws must be in wall studs. Do not tighten the Screws yet.**

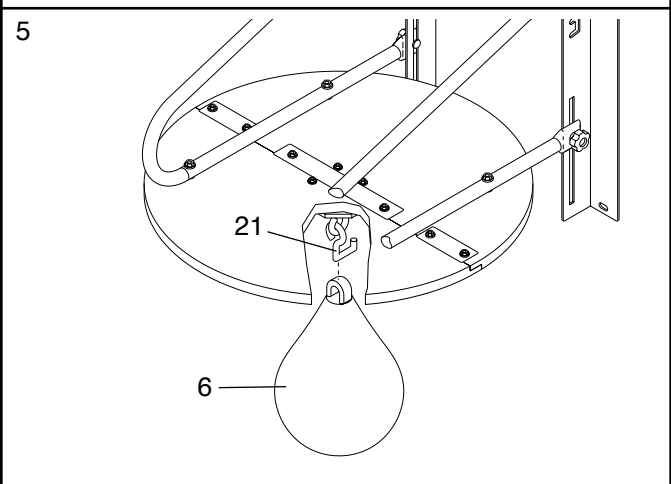
While a second person holds the Frames (2, 3), attach the Frames to the Brackets (4, 5) with the two M10 x 20mm Carriage Bolts (17) and the two Adjustment Knobs (10).



5. Refer to step 3. **Firmly tighten the four M10 Nylon Locknuts (14).**

Refer to step 4. **Firmly tighten the four ST9.5 x 50mm Screws (16).**

Slide the Speed Bag (6) securely onto the Swivel Hook (21).

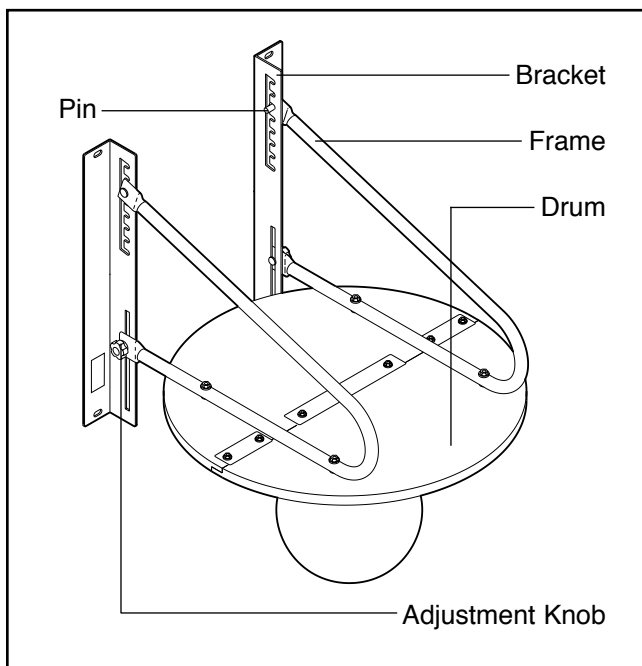


How to Use the Speed Bag

⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

HOW TO ADJUST THE SPEED BAG RACK

To adjust the height of the SPEED BAG RACK, first loosen the two adjustment knobs. Next, raise the front of the drum until you can slide the frames up and down. Raise or lower the frames to the desired height, and then lower the front of the drum so that the pins on the frames slide into the desired small adjustment slots in the brackets. Then, retighten the adjustment knobs.



PROTECTING YOUR HANDS

When using a speed bag, protect your hands with a good pair of boxing gloves or bag gloves. Do not skimp—purchase the best you can afford. It is not

worth saving a few dollars and ending up with an injury. A pair of 16-ounce boxing gloves is recommended. The additional padding will protect your hands and will reduce the trauma to your wrist, elbow, and shoulder joints. For added protection, some people wrap their hands with cotton wraps like those used by boxers. Other people feel that if they need to wrap their hands, they are hitting too hard.

HOW TO USE A SPEED BAG

Among the best equipment for developing speed, accuracy, and timing is the time-tested speed bag. However, learning to use a speed bag requires practice and patience.

To use the speed bag, stand with your feet parallel to each other at a comfortable distance apart. Start by hitting the bag with one hand. A backhand punch is recommended (the backhand punch is applied with the meaty part of the hand between the wrist and the base of the little finger). Make sure to hit the bag straight. One of the most valuable features of the bag is that it forces you to hit it directly and crisply so that it returns to you. After you strike the bag, let it hit the far side of the drum, then let it hit the near side of the drum, and then hit it again when it is halfway back to the far side of the drum. Try to keep your body still, with your striking hand making smaller and smaller circles after each strike. If desired, use both hands to punch the bag the first few times you use it.

For an alternate rhythm, strike the speed bag, allow it to hit the drum three times, and then strike it again as it comes off the far side of the drum. From there, work up to striking the bag every time it hits the drum. Once you have established a steady rhythm, increase your pace. When you can comfortably maintain a faster pace, start switching rhythms. For example, strike the speed bag three times with your left hand and then once with your right hand. As you become more skillful at switching rhythms, you will find your body moving with the rhythms.

Remember to keep your hands up. You cannot hit the speed bag if you punch from your hips because you cannot react quickly enough. In addition, you will not be able to protect your face from the oncoming bag.

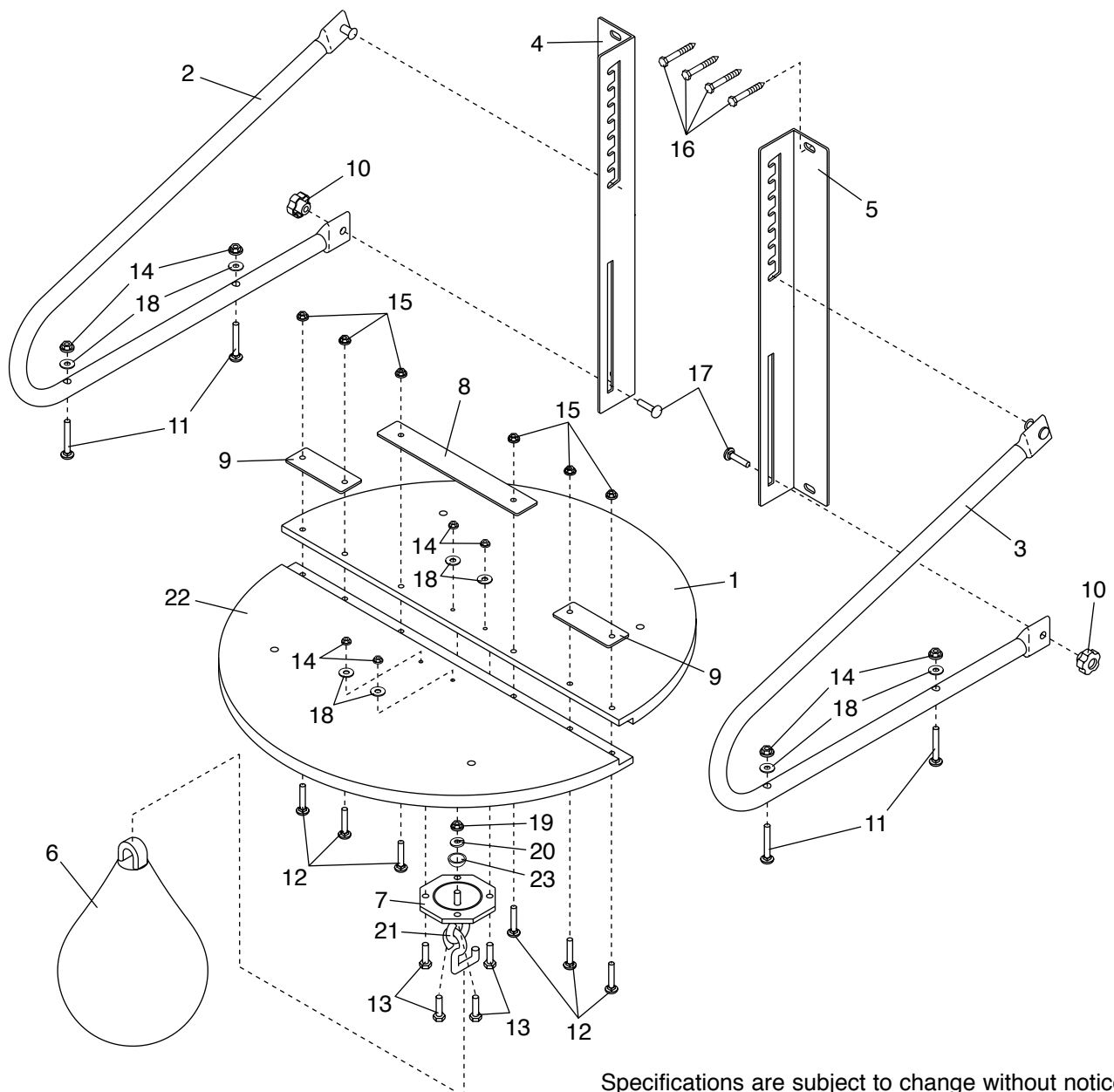
Part List—Model No. GSB02

R0902A

Key No.	Qty.	Description	9	2	Small Plate	17	2	M10 x 20mm Carriage Bolt
			10	2	Adjustment Knob	18	8	M10 Washer
1	1	Drum Section, Upper	11	4	M10 x 60mm Carriage Bolt	19	1	M8 Nylon Locknut
2	1	Left Frame	12	6	M6 x 30mm Bolt	20	1	M10 Spring Washer
3	1	Right Frame	13	4	M10 x 35mm Carriage Bolt	21	1	Swivel Hook
4	1	Left Bracket	14	8	M10 Nylon Locknut	22	1	Drum Section, Lower
5	1	Right Bracket	15	6	M6 Nylon Locknut	23	1	Swivel
6	1	Speed Bag	16	4	ST9.5 x 50mm Screw	*	1	User's Manual (not illustrated)
7	1	Swivel Hook Mount						
8	1	Large Plate						

Exploded Drawing—Model No. GSB02

R0902A



Specifications are subject to change without notice.

Ordering Replacement Parts

To order replacement parts, call our Customer Service Department toll-free at 1-800-288-4802, Monday through Friday, 8 a.m. until 5 p.m. Central Time (excluding holidays). To help us assist you, please be prepared to provide the following information:

- The MODEL NUMBER of the product (GSBR02)
- The NAME of the product (GOLD'S GYM® WALL MOUNTED SPEED BAG RACK)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the Part List and the Exploded Drawing on page 7)

Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813