

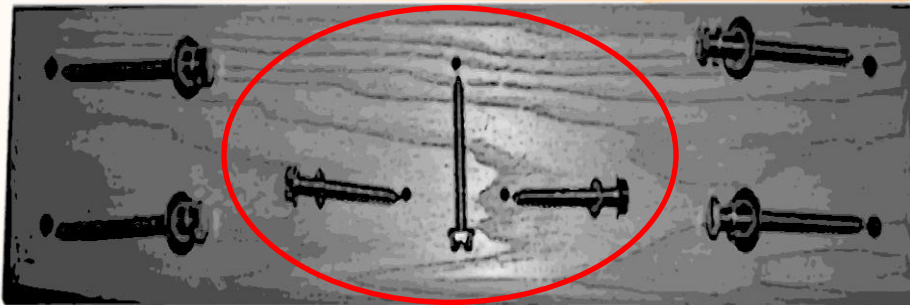
# THE HEAVY BAG MOUNTING SYSTEM SILENCER™

## INSTALLATION INSTRUCTIONS

Install tooth washers with 3 short wood screws to the pre-drilled center holes.

Attach the mounting device to the finished side of the support plank.

**DO NOT OVER TIGHTEN**



Once the mount has been attached, install the lock washers, then flat washers with the long wood screws to the 4 pre-drilled holes on the finished side of the support plank.

# THE HEAVY BAG MOUNTING SYSTEM SILENCER™

## INSTALLATION INSTRUCTIONS



Determine the direction of your rafters (for ceiling mount) or joists (for wall mount) and use a stud finder to locate the centre of 2 supports for installation.

A stud finder can be purchased at your local hardware store for approximately \$10.00

Mark the centre of the rafters or joists with an 'X'.

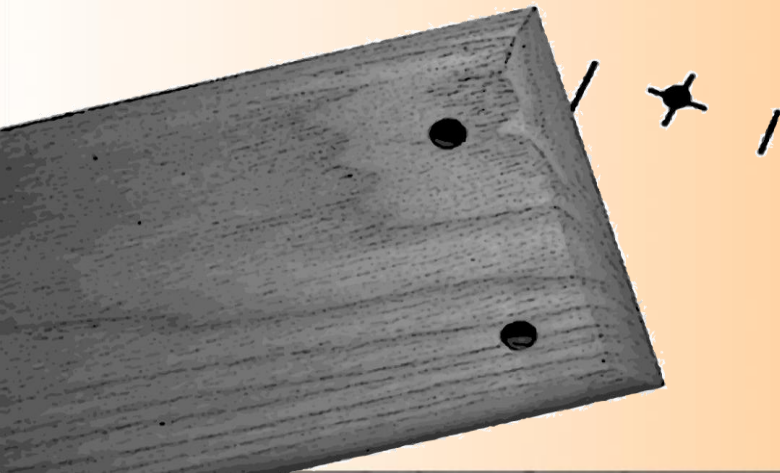


Drill a 5/32 diameter hole to a depth of 2 ½ inches.

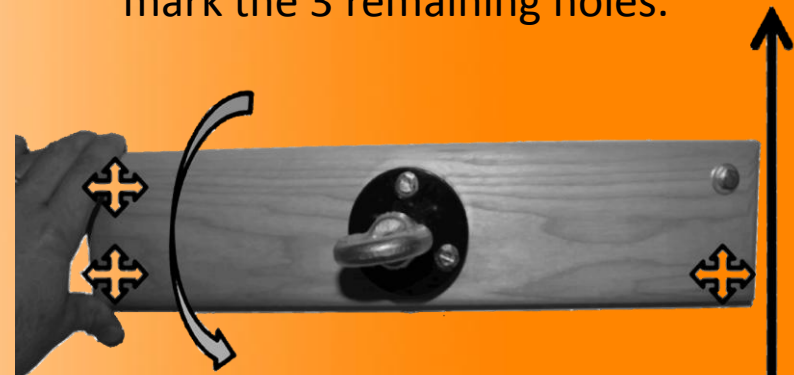
# THE HEAVY BAG MOUNTING SYSTEM SILENCER™

## INSTALLATION INSTRUCTIONS

Align center marked hole with pre-drilled hole on outside of support plank. Screw in part way so that plank may still rotate perpendicular to the wall or ceiling supports



Rotate the support plank and using the pre-drilled holes as a template, mark the 3 remaining holes.



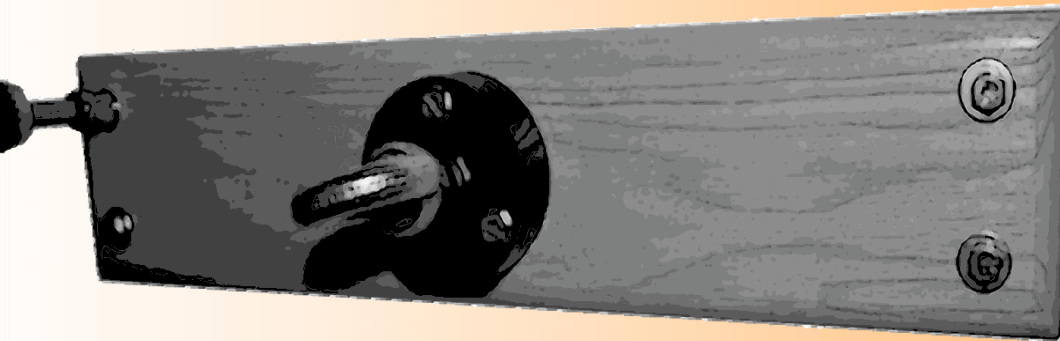
Rotate the wood plank out of the way and drill the 3 remaining holes into your rafters or joists with a 5/32 drill bit.

# THE HEAVY BAG MOUNTING SYSTEM SILENCER™

## INSTALLATION INSTRUCTIONS

Screw in three remaining screws and  
tighten all screws.

**DO NOT OVER TIGHTEN**



Connect Heavy bag chains with snap  
hooks and suspend heavy bag.

Setting Optimum Heavy Bag Height:



In a fighting stance an outstretched arm  
should reach no further than  $\frac{1}{3}$  from  
the top of the heavy bag. Remove chain  
links accordingly.