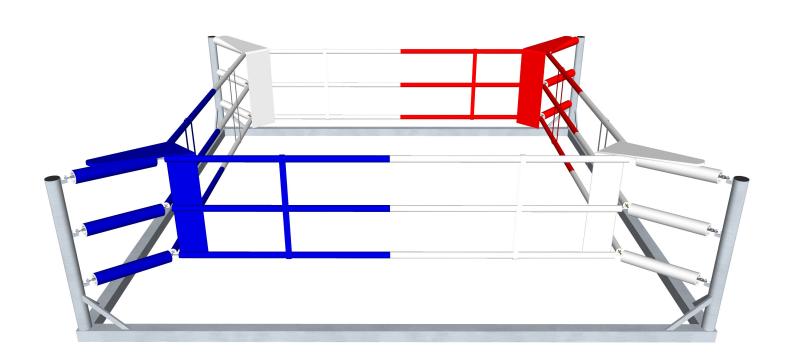
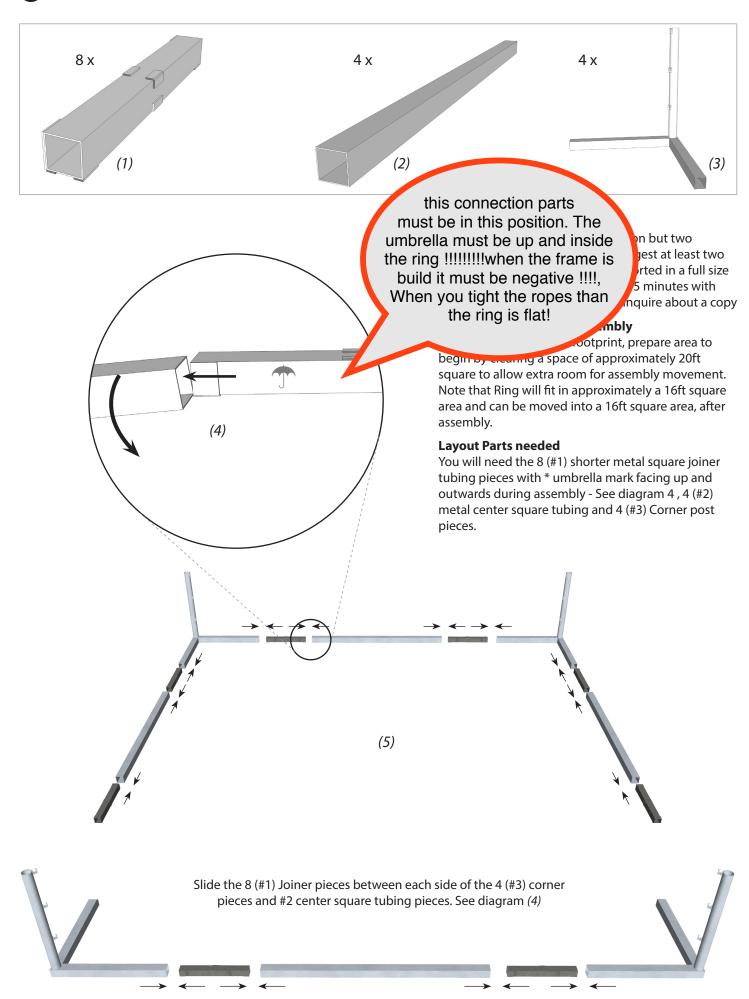
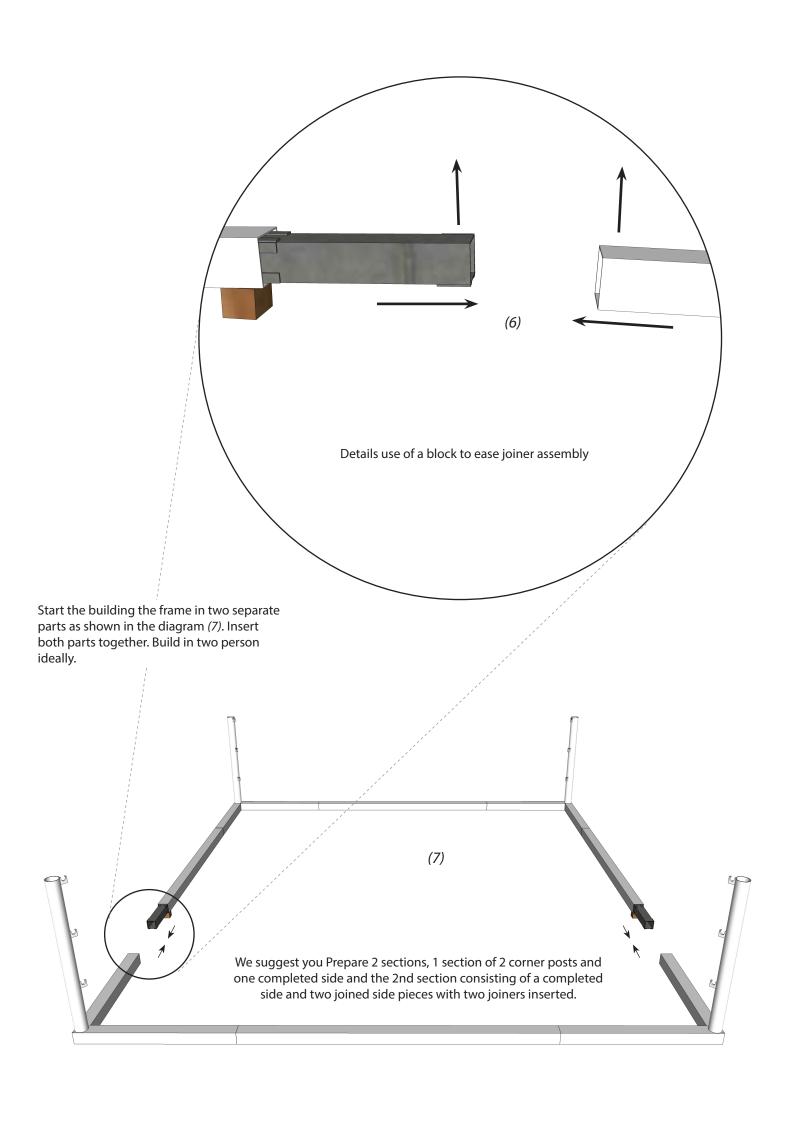


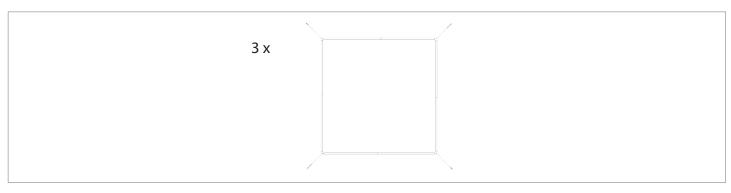
FLOOR RING

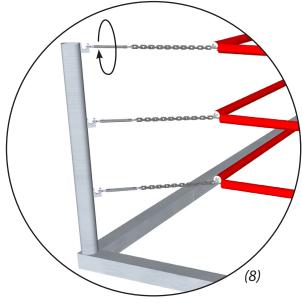
Assembly Instructions











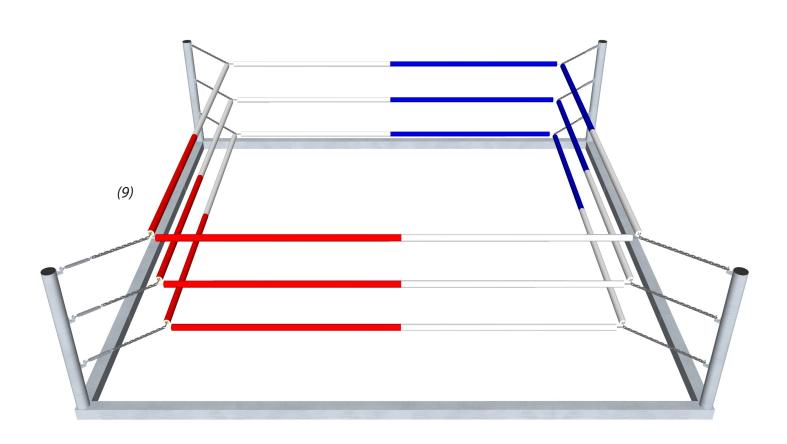
Prior to attaching turnbuckles rotate them to extend and loosen.

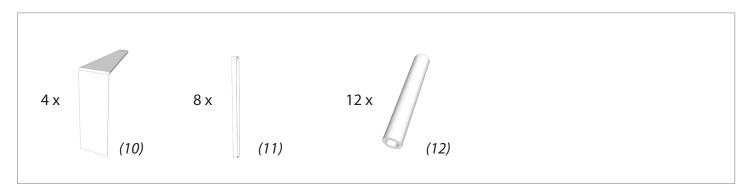
Attach turnbuckles to 2 corner posts on opposite sides and attach chains to 2 remaining posts, also on opposite sides. Start with bottom rope initially attaching rope using second link on chains.

Matching the color ropes, repeat rope attachments for remaining two ropes.

Note: that as new ropes stretch with use, you may need to attach at other links on repeat assemblies.

Rotate Turnbuckles to tighten ropes. Tighten evenly, with two assemblers doing rotation at same speed.



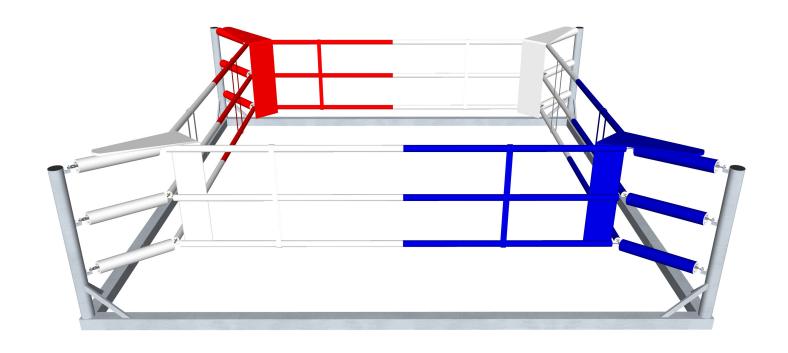


Cover the chains and turnbuckles with tubular padding (12) by sliding over and then attaching color matching cover with velcro.

Rope spacers (11) - matching colors, attach velcro on top ring from inside ring and loop over then attach at bottom

Tie rope string ends to chains

Attach corner cushions (10), matching colors, top attaches on top turnbuckle padding and then bottom.



Optional Mount for heavy bags. You can also attached optional heavy bags mounts to the corner frame, thanks to which you can create a multi functional training station within few minutes.

