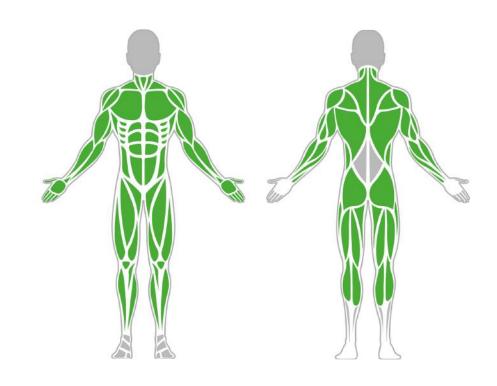


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Muscle Groups Focus





Boxing Bag Holder

Apunching bag can be a refreshing addition to any outdoor gym, but it can also stand on its own, even set up in the garden at home. With punching bags, the problem often arises of finding a good place to hang the bag. This problem is solved by this sturdy and strong gym accessory, which is a great help for those who practice martial arts.

Attributes

Product code Certificate

Age group

Capacity

Max. weight load

Туре

Difficulty level

1-1-054 EN 16630, ASTM F3101

14 + years 1 person

218.26 lbs

Cross Training

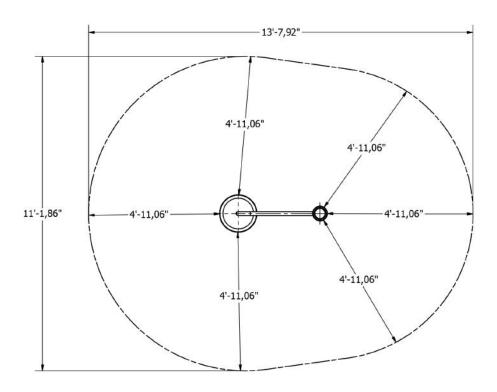
Easy

Side View

-3'-8,96"

2'-10,83" 8'-4,67" 8'-0.65" 7'-7,44" 7'-0,84"

Plan View



Installation information

Number of installers (concrete) Total installation time (concrete) Number of installers (equipment) Total installation time (equipment) Excavation volume Concrete volume Size of the base structure Anchoring options In-g In combined structures, the volume of concrete required varies.

At least 2 people 45-75 min. At least 2 people 20-30 min. 7.06 ft³ 7,06 ft³ 19.69 x 19.69 x 31.5 .. In-ground or surface

Technical specification

Safety surfice area Around 4.92 ft radius Net weight 28.66 lbs Material S235 Critic fall height Color options

For more color options, discuss with your sales representative.

Warranty

Structure Steel Paint Plastic 5-10 years Rubber Moving parts Detailed information in the warranty document

25 years

15 years

2 years

1-3 years

2 years

Material specification





The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!



The clamp system allows for easy assembly and extreme stability.



The connecting ments are fastened with vandal-proof stainless steel screws and nuts.



The ends of the bars and posts are sealed with injection-moulded plastic caps.











