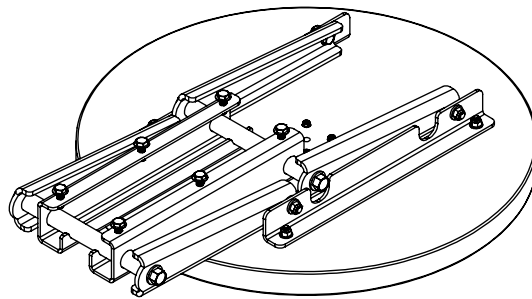




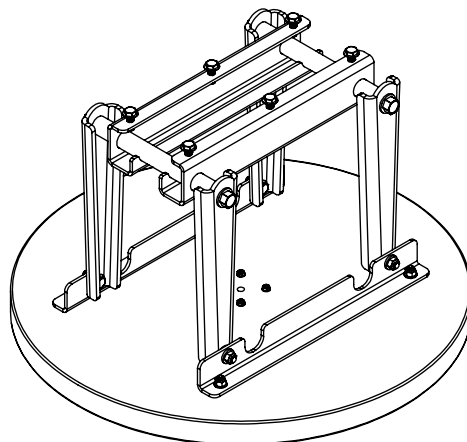
INSTALLATION

I-BEAM SPEED BAG MOUNT IB-SP

YOUR PROMOUNTINGS.COM I-BEAM SPEED BAG MOUNT COMES FULLY ASSEMBLED AND READY TO INSTALL IN JUST A FEW MINUTES.



STEP 1: ROTATE THE MOUNTING ARMS VERTICAL

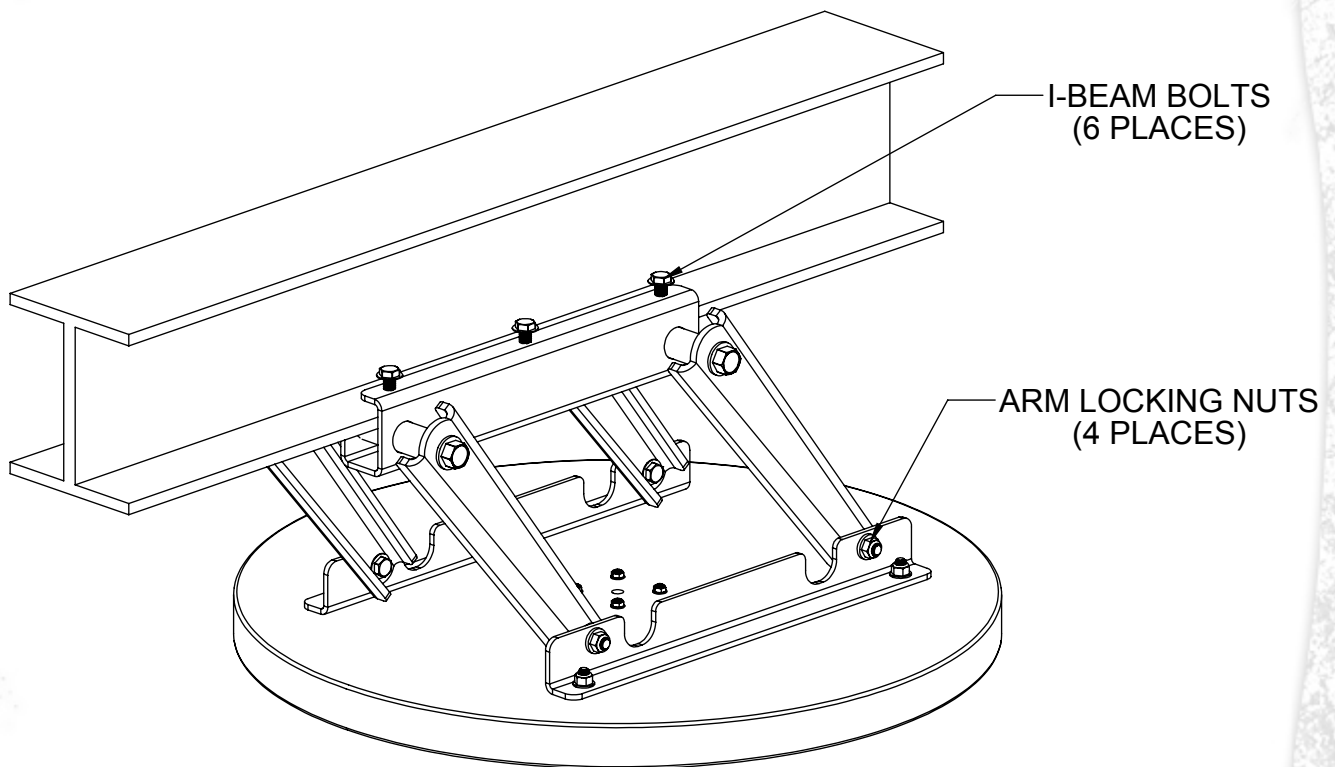




INSTALLATION

I-BEAM SPEED BAG MOUNT IB-SP

STEP 2: HOOK THE MOUNTING BRACKETS AROUND THE LOWER FLANGE OF YOUR I-BEAM



STEP 3: SLIGHTLY TIGHTEN THE SHOWN BOLTS & NUTS
AND ADJUST THE HEIGHT OF THE PLATFORM.

FINAL STEP: FULLY TIGHTEN THE SHOWN BOLTS & NUTS
TO LOCK DOWN THE SPEED BAG PLATFORM

