



The Garden Gym



Boxing bag post / TRX Installation guide

General guidance

These instructions are provided as a guide to help you install your equipment. Depending on the type of ground conditions it may be necessary to modify the installation. If you are unsure, please consult a qualified professional or contact the Garden Gym Team. The installation should be carried out by **2 people**. Before digging you must ensure that there is no risk of encountering services such as drains or electricity.

The Garden Gym does not accept any liability in relation to the installation and subsequent use of the gym relating to incorrect or improper installation.



You will need

Spade / hole diggers / safety gloves / step ladder / tape / measure / level / 19mm socket drivers / hammer / drill



Post mix

Minimum of 4 per post, depending on the size of your holes and ground conditions



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1



Insert the bracket

Push the boxing bag bracket through the 3 holes in the wooden post.

2



Assemble the back plate

Place the metal plate on the rear of the post, then push the security cap over the threaded bar.

3



Bolt in place

Insert the washer and bolt securely with the supplied nyloc nut.

4



Finishing caps

When everything is tight you can fit the security caps, you may need to tap lightly with a hammer.



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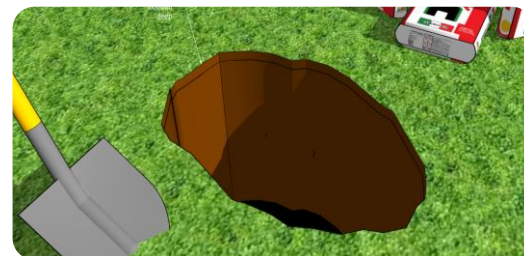
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5

Select location and mark out

Your post should be installed in a level area of soft ground or lawn. Please ensure that there is no risk of disturbing underground services or other hazards.

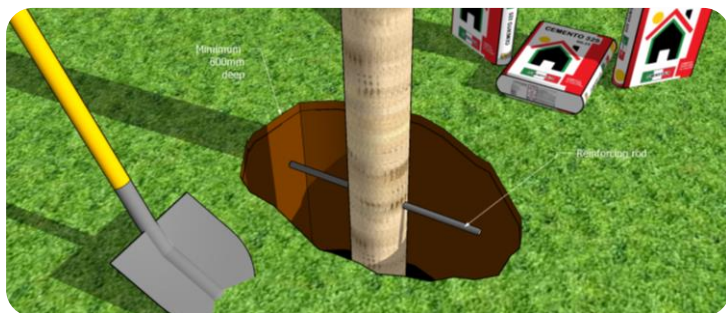
6



Digging the holes

Digging the holes for the post is a key part of the installation. The hole must be a **minimum of 1.2m deep**. You will notice that the post has a 12mm hole on the lower section, this is to take the supplied metal bar which is to be inserted prior to concreting. Ensure that the hole is large enough to take this bar. Leave plenty of space for alignment.

7



Reinforcing rods

We supply metal rods to provide additional support to the foundation. Insert the rod through the hole in the post prior to adding the concrete to each hole

8



Insert the post, concrete and level

Level the post in all directions and fix with at least 4 bags of post mix, following the product instructions.



Happy training!

Foundations



The stability of your Gym relies on correct installation of the post. Ensure the concrete is fully hardened before use (2-3 days) and the hole is suitable for the ground conditions and planned usage. We also recommend using a small amount of pea shingle at the base of the post to aid drainage.

Maintenance



All of our materials are maintenance free, the posts are supplied with a tanalised finish and 10 year life expectancy. **It is essential to check the bolts and fixings on a monthly basis and tighten where necessary as they can loosen off as the timber goes through the natural drying process.**

Train Safe!



1. Always consult your doctor before undertaking any physical exercise.
2. Injuries to health may result from excessive, incorrect training or using the equipment in a way that it is not designed for.
3. Remove jewellery, watches or anything else that may catch or snag before exercising.
4. Always warm up prior to exercising, if you are unsure consult a health professional for advice.
5. Children should not be allowed to use the equipment without the strict supervision of adults who are aware of how to exercise correctly.
6. Our products have been designed to carry out exercise and are not meant as a climbing frame or piece of play equipment. The user is wholly responsible for any accidents or injuries occurring from usage of the equipment regardless of proper or improper usage.
7. The Garden Gym Ltd disclaims all liability from the mis-use or incorrect installation of our products.
8. The user must not adapt, amend or remove any part of the equipment.