

JAB 365 Instructions

JAB 365 punching bag is intended to be used in standard doorway entries between 30-36 inches wide and 80 inches in height, for sufficient space for the bag to swing freely and avoid overstretching of shock cord. Properly installing your punching bag is extremely important as improper installation can lead to structural damage to your home or possibly even bodily injury. Use of JAB 365 punching bag without proper equipment can lead to injury. Read and follow instructions regarding installation, use and care; and do not use old, modified, damaged, or improperly fitted equipment. All participants are encouraged to wear protective gear to minimize injury (training gloves, boxing gloves, heavy bag gloves, shin pads, knee pad, elbow pads, etc).

**JAB 365 punching bag can also be mounted to fitness power racks with appropriate attachments (not available through JAB 365).*

TOOLS NEEDED:

Drill, 13/64" drill bit, tape measure

****IMPORTANT NOTE:** Install mounts on the outer portion of the door stop (figure 1). This will allow for the door to close without having to remove mounts. For best results, place mounts 3 inches from the top of door frame (figure 2).



Fig. 1

Door stop

Place mount
on the outside
of door stop



Fig. 2

3 inches from
top of door
frame to
center of
mount

INSTALLING SCREWS, MOUNTS, AND PUNCHING BAG:

Step 1: Mark placement of center of mount using bottom portion of mount with straight end placed against door stop (figure 3). Pre-drill hole using 13/64" drill bit.

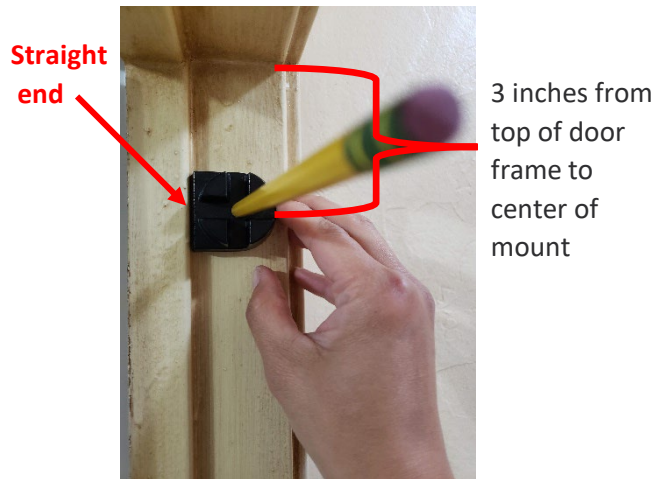


Fig. 3

Step 2: Install M6 screw provided to secure both portions of the mount into door frame, with straight end of mount placed against door stop. Top portion of mount can be placed with eyelet hook facing down or out (figure 4).



Fig. 4

Step 3: Repeat steps 1-2 on other side of door frame. Placement of top mounts should look like figure 5.



Fig. 5

Step 4: Repeat steps 1 – 2 for bottom mounts. For best results, place mounts 3 inches from the bottom of doorway entry (figure 6). Top portion of mount can be placed with eyelet hook facing up or out (figure 7).

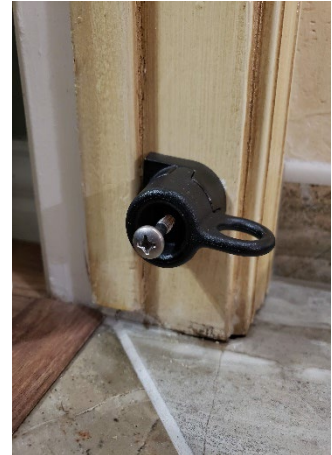


Fig. 6

3 inches from bottom of door frame to center of mount



Fig. 7



Placement of bottom mounts should look like figure 6.



Fig. 6

Step 5: To safely install punching bag, first insert hooks to top mounts (figure 7). Then insert bottom hooks to bottom mounts (figure 8).



Fig. 7



Fig. 8



REMOVING BAG:

Step 1: To safely remove the bag, START AT THE BOTTOM. Remove hooks from mounts ONE AT A TIME.

Step 2: From top of bag, remove hooks from mounts ONE AT A TIME.

ADJUSTING BAG HEIGHT AVAILABLE ON JAB 365 YOUTUBE CHANNEL:

*JAB 365 punching bag shock cords come preset at 5 ft 8 in (68 in) but can be adjusted. Make sure to remove bag from mounts before attempting to make any necessary adjustments.

<https://youtu.be/uaX-0cbbSiI>

CARE INSTRUCTIONS:

Use water or a trusted mild dish detergent. Use soft, non-abrasive cloths to wipe down the bag. Allow to air dry.