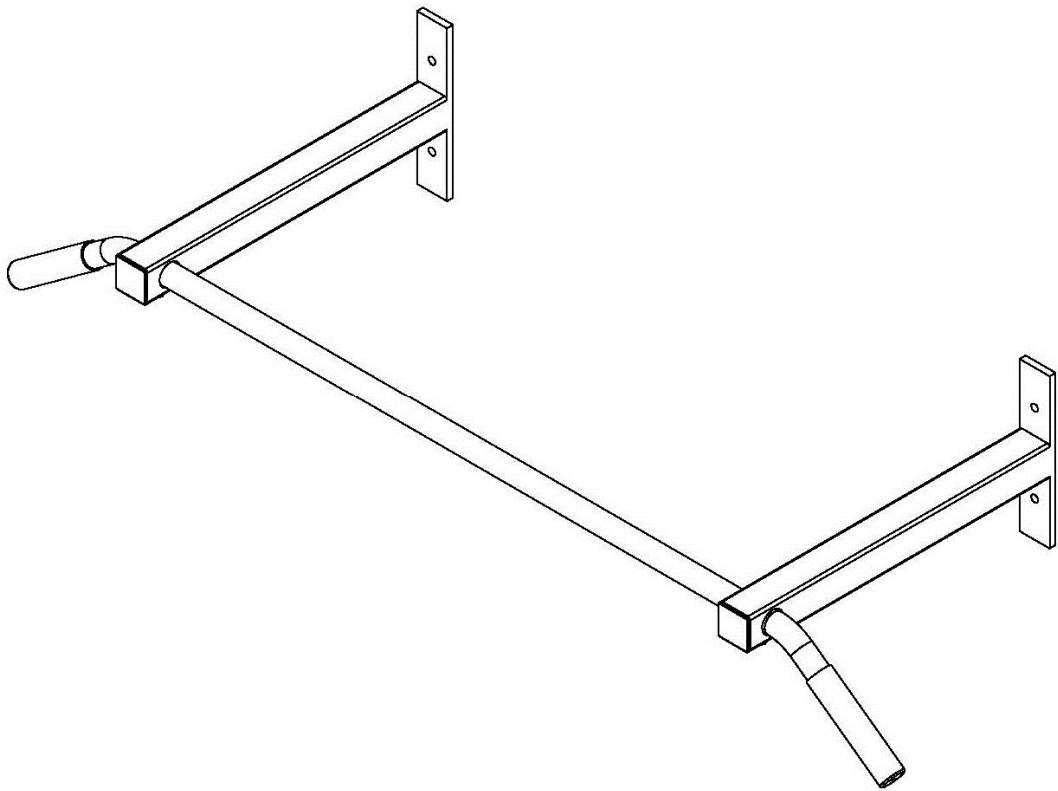
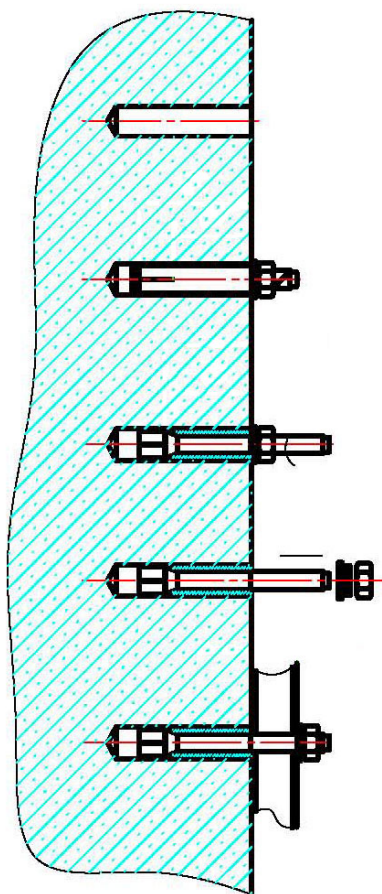
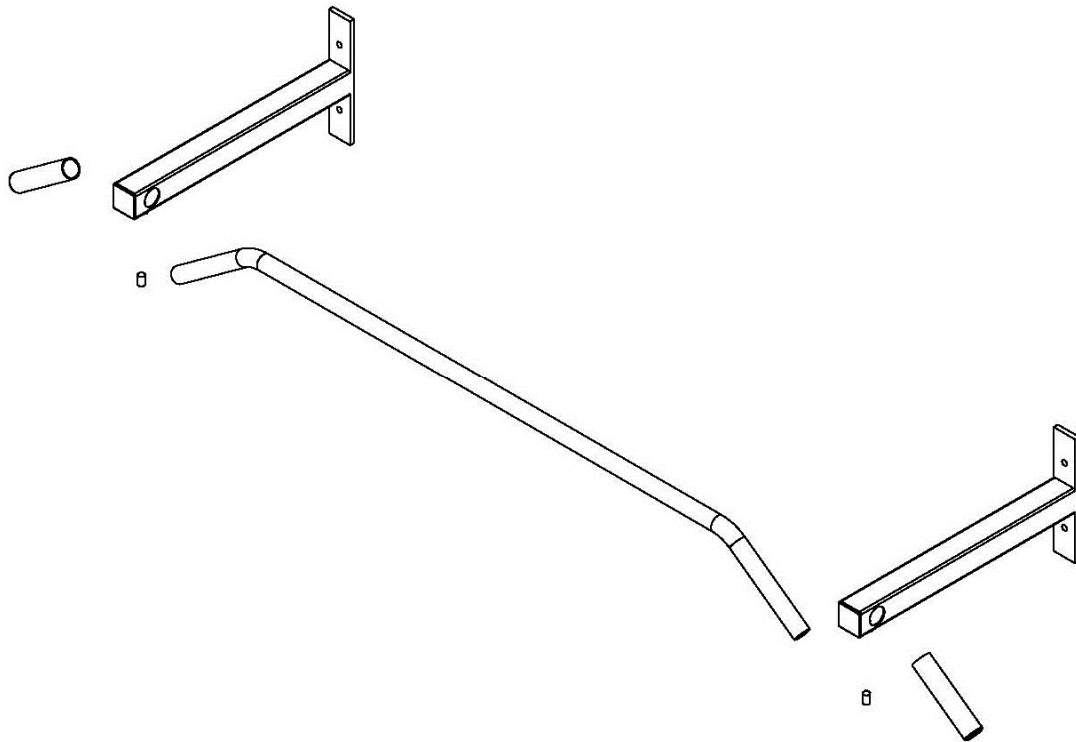


GYM BAR

14TUSCL238





Punch a hole, no less then 60mm.

Place the bolt with cover in the hole.

Draw out the inner screw till it's out. (Without the punch bag wall support)

Draw down the nut. The bolt keeps in the wall.

Place the wall support.