

Reflex GS Ceiling Mount – Data Sheet



- Gas shock technology gives the best vibration absorption available
- For punch bags from 60lbs/25kg to 260lbs/118kg
- Each GS Ceiling mount is assembled to a specific bag weight +/- 10 Lb.
- Can be fitted to 40cm spaced joists*, cement ceilings or metal framework
- Gas shock can be changed to accommodate different bag weights.
- Mounting hardware included
- Carabiner snap hook included for chain attachment
- Fabricated from 5mm British steel for superior strength
- Durable powder coat finish
- [15-year limited warranty!](#)
- Reflex laser cut logo
- Made in the UK

***NB.** If attaching the GS Ceiling Mount to ceiling joists on a plasterboard ceiling then the mount fits 16 in./40cm spaced joists (centre to centre). If you have a joist structure of spacing other than 16 inches then we offer ceiling mount extensions to fit 18, 20, 22, & 24in. spacings. Alternatively, a suitable length of wood can be fitted across the rafters for the mount to attach to.

Please note: It is your responsibility to ensure the mounting surface is suitable for purpose. If in doubt consult a professional builder.