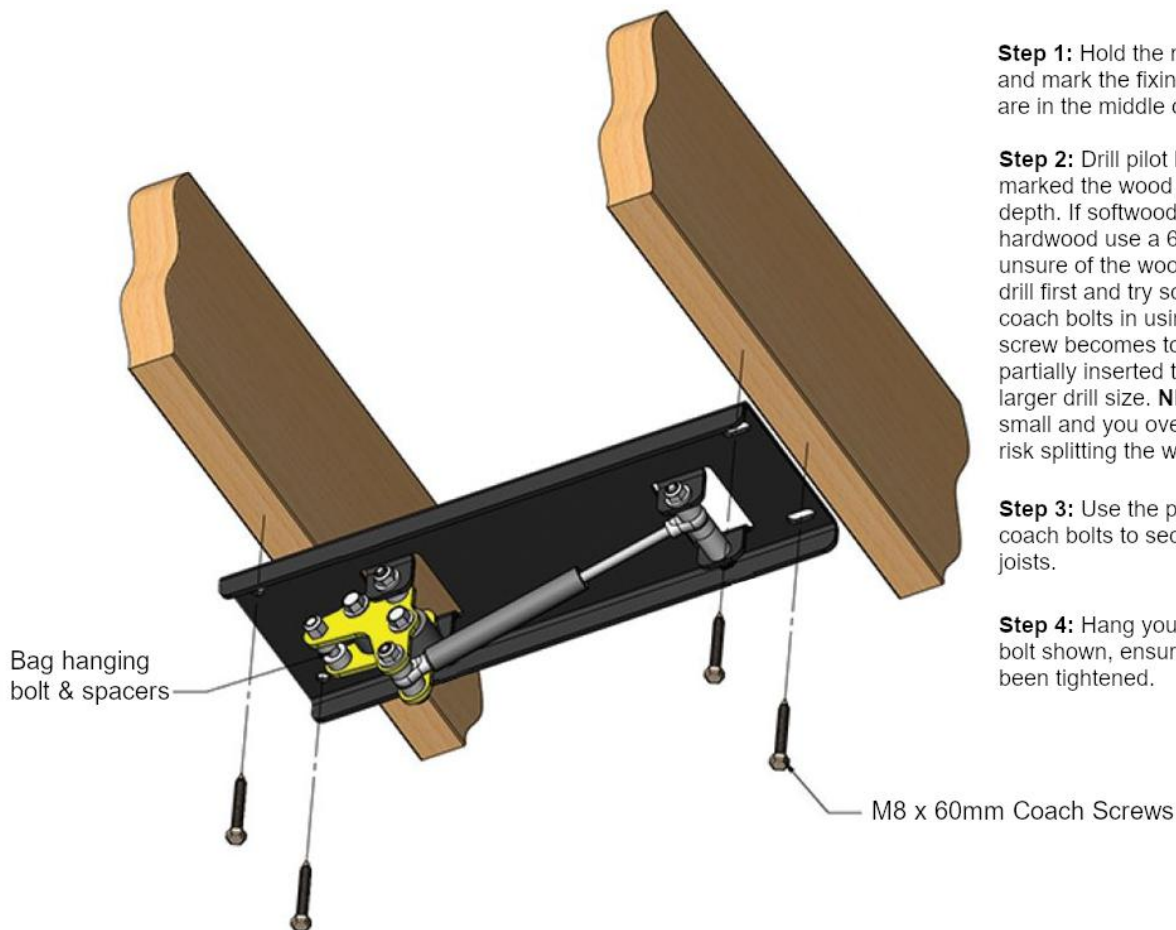


# Reflex GS Ceiling Mount – Wood Installation



**Step 1:** Hold the mount up to the joists and mark the fixing holes ensuring they are in the middle of each joist.

**Step 2:** Drill pilot holes where you have marked the wood to a minimum of 55mm depth. If softwood use a 4mm drill bit, if hardwood use a 6mm one. If you are unsure of the wood type use the smaller drill first and try screwing one of the coach bolts in using a 13mm socket. If the screw becomes too tight when only partially inserted then remove and use the larger drill size. **NB.** If the pilot hole is too small and you overforce the screw you risk splitting the wood.

**Step 3:** Use the provided M8 x 60mm coach bolts to secure the mount to the joists.

**Step 4:** Hang your punching bag from the bolt shown, ensuring the bolt and nut have been tightened.

## **NB. Suspension Mount**

If you have also purchased the suspension mount add-on option, then this should be fitted using the two longer coach screws (M8 x 70mm) that are provided with it. These are used to replace the two M8 x 60mm ones shown above on the right side of the image. I.e. the end of the ceiling mount that does not have the bag hanging point.

Optional extension plates are available to allow the ceiling mount to fit to 18-, 20- and 24-inch spaced joists.



**NB.** It is your responsibility to ensure the structure you intend to fix this product to is suitable for the weight of the punching bag to be attached. If in doubt consult a professional builder.