

BALAZS HEAVY BAG CEILING MOUNTS

Minimize the noise, jarring and vibration of heavy bag workouts.

STANDARD H₂S™ CEILING MOUNT

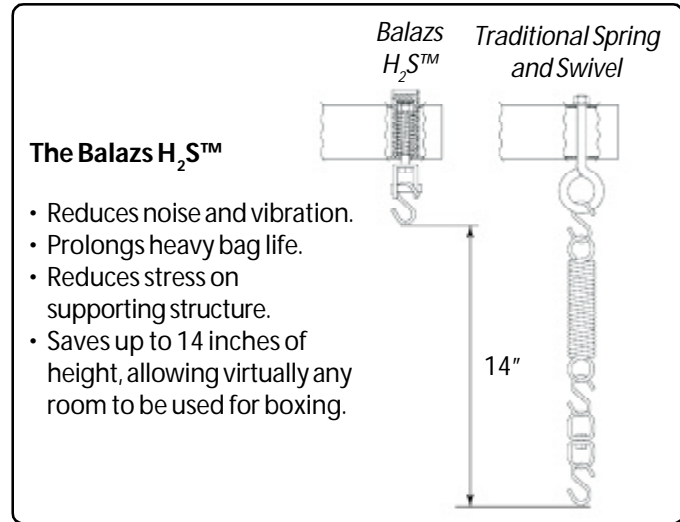
- Features Balazs' patented Heavy Hanging System (H₂S™).
- Simple, two-bolt installation.
- Attaches flush to ceiling or beam.
- Made in U.S.A.



MH0106

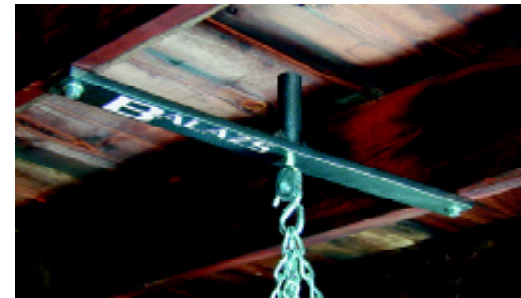
RECESSED H₂S™ CEILING MOUNT

- Designed for any room with an unfinished ceiling or exposed joists.
- Exposed beams can be up to 24 inches apart.
- H₂S™ mechanism above the mounting flange, raises the height of the bag four inches over the Standard H₂S™ ceiling mount.
- Standard finish is Antique Silver powder coating.
- Made in U.S.A.

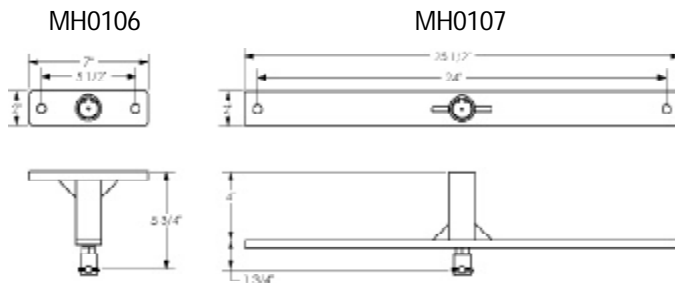


The Balazs H₂S™

- Reduces noise and vibration.
- Prolongs heavy bag life.
- Reduces stress on supporting structure.
- Saves up to 14 inches of height, allowing virtually any room to be used for boxing.



MH0107



SPRING UPGRADE

For bags weighing over 150 pounds, Balazs H₂S™ mounts require a heavy duty spring, which is installed at time of manufacture. Please specify whether you require the spring upgrade. *Not recommended for bags weighing 150 lbs or less.*

MH0175 Spring Upgrade

		Mounting Hole Centers	Distance from Wall or Ceiling	Weight
MH0106	Standard H ₂ S Ceiling Mount	5.5	6	4
MH0107	Recessed H ₂ S Ceiling Mount	24	2	10

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