SLIDEWORKS

OWNER'S MANUAL

BAG CARRIAGE · MODEL SW-2
MAX BAG 150 LB (68 KG)

1. Read this first

This carriage holds a heavy bag over people. If it is installed on the wrong beam, clamped wrong, overloaded, or the knob is removed with a bag hanging, the bag can fall.

⚠ WARNING — SUSPENDED LOAD. A falling bag can cause serious injury or death.

- **Maximum bag weight: 150 lb (68 kg).** This is the weight of the bag as it hangs, including any filling you added. **If you filled the bag yourself, weigh it before hanging it.** Over 150 lb: do not hang it on this carriage.
- Use only on the beams described in §2.
- Keep everyone clear of the beam while you install, move, or load the carriage.
- To roll the bag, loosen the knob **one turn only**. **Never take the knob or the bolt off with a bag hanging.**
- Before every session, do the 10-second check in §6.
- This is not a pull-up bar, an anchor point, or a climbing hold.

If anything in this manual is unclear, stop and contact us: hello@slideworksgear.com.

2. Is your rig compatible?

The carriage rides on top of a horizontal steel crossmember and clamps to its sides.

Requirement	Must be
Crossmember section	**2 in wide × 4 in tall** rectangular steel tube, 4 in dimension vertical
Wall thickness	**11 gauge (0.120 in) or heavier**
Holes	Holes in the top face are fine: the wheels ride either side of them
Condition	Straight, no dents, no weld beads or bolt heads on the top face or the sides along the travel path
Mounting	The crossmember must itself be rated by its maker for a hanging bag of your weight. The carriage does not make a weak beam strong.

It does **not** fit: 2 × 3 or 3 × 3 tube, round tube, wood beams, I-beams, or ceiling joists.

3. Your bag

Requirement	Must be
Weight	**150 lb (68 kg) or less, as filled**
Hanging strap	A webbing strap loop that fits between the plates (**2 in wide or less**) and is rated for the bag, ending in a hook or ring that goes through the bag's D-rings
Not allowed	A bare chain link on the bolt, rope, or any loop narrower than 1 in (it point-loads the bolt)

4. What's in the box

Qty	Part
1	Carriage: two steel side plates, four wheels, two axle bolts, two urethane pads (assembled)
1	Pinch bolt: 1/2-13 × 4-1/2 in, fully threaded, Grade 5
2	Flat washers
1	Disc spring (cupped washer)
1	Four-arm hand knob
2	Nylon centring spacers for the bag strap
1	This manual

You need: **no tools.** Two people make installation easier on a high beam. Installation takes under 5 minutes.

5. Installing the carriage and hanging the bag

Do this with nobody under the beam.

1. **Set it on the beam.** Lift the carriage over the crossmember so all four wheels sit on the top face and the plates hang down either side. Roll it a few inches each way: it should roll smoothly. If a wheel drops into a hole, stop — the beam is not compatible.
2. **Lift the bag strap into place.** With a helper holding the bag, hold the strap loop up between the two plates, just under the beam, lined up with the bottom holes.
3. **Slide the pinch bolt through** one plate, the nylon spacer, the strap loop, the second spacer, and the other plate. Bolt head flat against the plate.
4. **On the threaded end, in this order:** flat washer, disc spring (**cupped side toward the knob**), flat washer, then the knob.
5. **Spin the knob on clockwise, hand-tight** — a firm grip, as tight as you can turn it by hand. **Do not use a wrench, pliers, or a bar on the knob.**
6. **Seating check.** Both pads flat against the beam. Push the bag sideways along the beam: the carriage should not move. Rock it: no lift at the top corners.

If either pad does not touch the beam, or the carriage slides or rocks, take the bag down. See §9.

6. Before every session — the 10-second check

1. Knob hand-tight — give it a turn clockwise; it should not move.
2. Strap loop centred on the bolt between the spacers, not twisted.
3. Carriage does not slide when pushed by hand.
4. Nothing bent, cracked, or loose. Bag still 150 lb or less.

Anything fails → take the bag down and see §9.

7. Moving the bag along the beam

The carriage is made to roll with the bag on it.

1. Make sure nobody is under or beside the bag's path along the beam.
2. Steady the bag with one hand. With the other, turn the knob **one turn counter-clockwise** — just enough that the pads clear the beam. **Never loosen it further, and never take the knob off with the bag hanging: the knob is what keeps the bolt in.**
3. Roll the carriage to the new spot by pushing the bag or the plates. It should roll easily. If it binds or a wheel clicks into a hole, stop and check the beam (§2).
4. Turn the knob clockwise, **hand-tight**, and do the seating check (§5 step 6).

Never hit the bag with the knob loose. The clamp holds the carriage under a strike; the wheels are only for moving it.

8. Removing the bag or the carriage

Take the bag's weight first (a helper lifts the bag), **then** unscrew the knob and slide the bolt out. Never pull the bolt while the bag is hanging on it.

9. Inspection and maintenance

When	What
Every session	§6 check
Monthly, or 40 hours of use	Pads flat and not torn. Wheels spin free, treads not cracked. Axle nuts: the paint mark on nut and bolt still lines up. Pinch bolt straight (roll it on a flat table), threads clean. Plates: no cracks at any hole. Strap not frayed.
Any time the bag hits the beam hard, or the carriage moves on its own	Full monthly inspection before the next session
Yearly (Annual Service)	Replace the pads, pinch bolt, disc spring and axle nylocs; write the date in the log

If a pad has moved, a wheel is cracked, the bolt is bent, or the knob will not hold: **stop using it** and contact us. Do not substitute hardware — the pinch bolt is a specific grade of steel.

Keep the carriage dry. Wipe the beam under the pads if it gets oily; the clamp holds by friction.

10. Troubleshooting

Symptom	Cause	Fix
Wheels click into the beam holes	Wrong beam or a bent top face	Not compatible — do not use
A pad does not touch the beam	Beam not 2.00 in wide, or pads worn	Contact us; do not shim
Carriage slides under strikes	Knob not hand-tight; oily beam; pads worn; **bag over 150 lb**	Weigh the bag, clean the beam, re-tighten, inspect pads. Still slides → stop and contact us
Knob keeps loosening	Vibration	Check the disc spring is fitted cupped side toward the knob; re-tighten before each session

11. Specifications

Maximum bag weight	**150 lb (68 kg), as filled**
Beam	2 × 4 in steel tube, 11 ga min
Install	Under 5 minutes, no tools
Carriage weight	about 7.5 lb (3.4 kg)
Side plates	1/4 in steel, 5 × 8 in, powder coated
Wheels	4 × 2 in polyolefin, 100 lb dynamic rating each
Pinch bolt	1/2-13 × 4-1/2 in Grade 5, fully threaded, hand knob with disc spring
Pads	90A polyurethane
Proof test basis	300 lb static (2×), ≥ 300 lbf slide resistance, 450 lb overload (3×)

12. Warranty and terms

Limited warranty against defects in materials and workmanship: **2 years** on the steel parts (plates, axle bolts, pinch bolt), **1 year** on wheels, knob, disc spring and nuts, **90 days** on pad adhesion. Annual Service (a $15 parts kit or $25 on-site per carriage) replaces the pads, pinch bolt, disc spring and nylocs each year. Full terms at slideworksgear.com/warranty and /terms, and in the box. Using the carriage outside §2–§3, or with a bag over 150 lb, voids the warranty.

13. Inspection log

Date	Session check	Monthly	Pads replaced	Bolt replaced	Notes	Initials