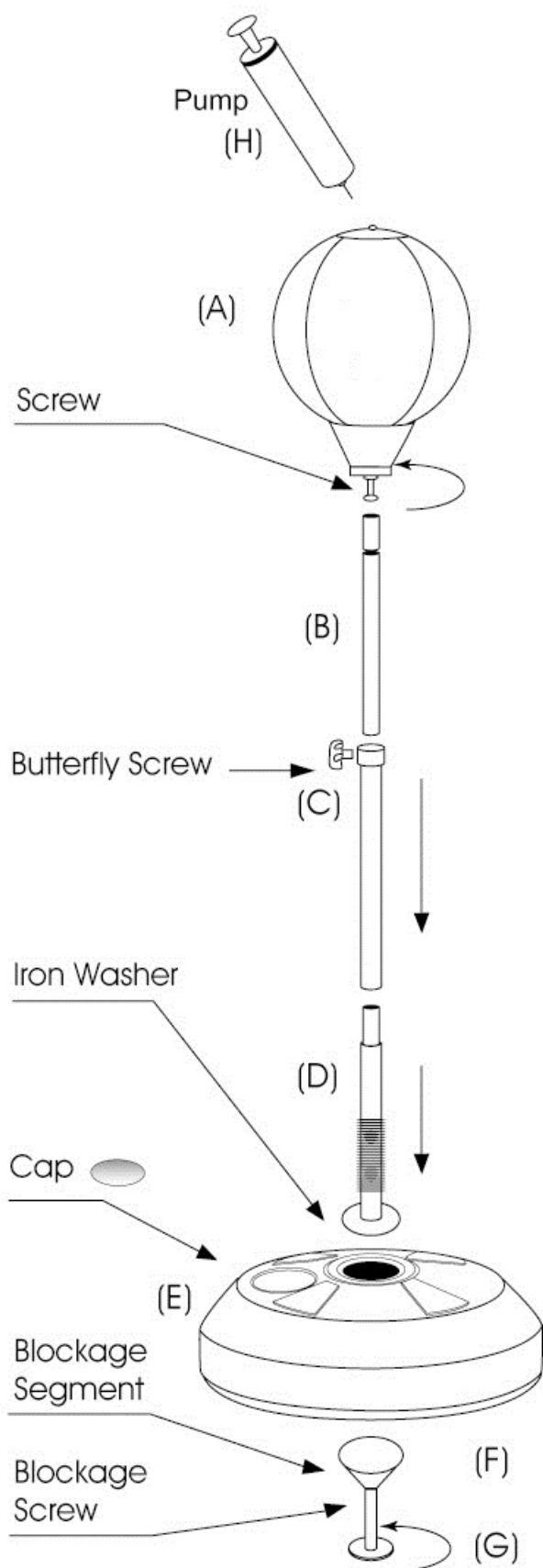


# ASSEMBLY INSTRUCTIONS



1. Fill the base with water or sand and replace cap.
2. Place the large Iron washer over the hole in the base and insert the lower section (D) into the base, the Blockage segment (F) needs to go on the bottom of the base and the screw needs to go through the Blockage segment and be securely fastened to lower section (D)
3. Screw section (C) making sure butterfly screw is at the top into lower part (D) until firmly into place.
4. Insert the upper section (B) into place and set to the desired height. Use the butterfly screw to fix the upper section into place.
5. Pump up the punch ball by using the pump provided, then screw into position at the top of section (B).
6. Only use a safe place, well away from all obstacles, breakable items or other hazards.

Boxing is contact sport. Any contact sport can be dangerous and result in serious injury. When boxing, be sure you are in good physical condition and under expert supervision. This equipment will provide limited protection but will not protect you against serious injury. Anyone using this equipment must assume the risk of any injury.

