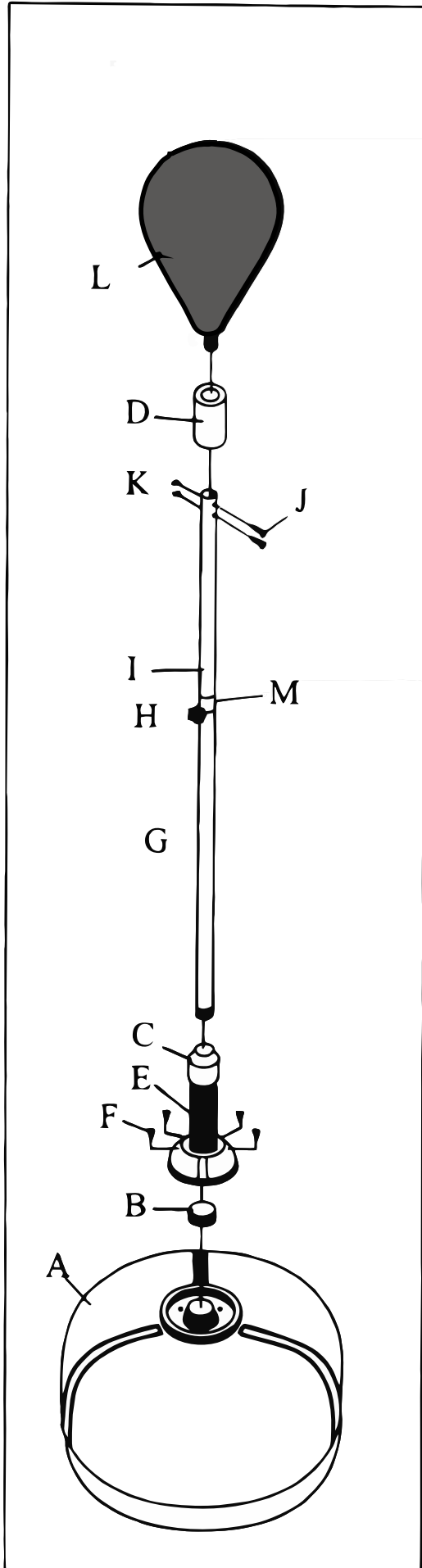


READ AND SAVE THESE INSTRUCTIONS FOR FUTURE USE

ASSEMBLY INSTRUCTION

ASSEMBLY INSTRUCTIONS



STEP 1.

Open the Cap(B) on the Base (A) and fill with water (Figure A) or sand (Figure B) and close with Cap(B)

STEP 2.

Tighten Cover© onto Spring (E).Attach Spring (E) to the top of Base(A) with four Screws(F) and tighten.

STEP 3.

Loosen Knob(H)and slide Inner Tube(I)into Outer Tube(G) and tighten Knob(H).Slide tube assembly into spring assembly.

STEP 4.

Slide Foam Cover (D)onto Inner Tube(I)past mounting holes. Attach Ball(L)to Inner Tube(I) with two Screws(J) and Nuts(K)and tighten. Slide Foam Cover(D) up over screws.

STEP 5.

Use Knob (H) to adjust tube assembly height as desired

WARNING:

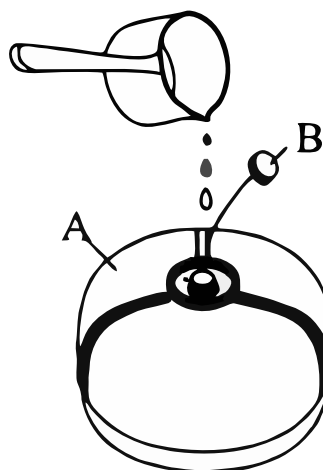
Before using the Free Standing Bag you are urged to contact a physician to be sure that your hands, wrists, elbows, shoulders and back are suitably conditioned withstand the rigors of punching this equipment.

It is recommended that you use well-padded Bag Gloves together with hand wraps. They provide a degree of protection but it not warranted that this will avoid any injury.

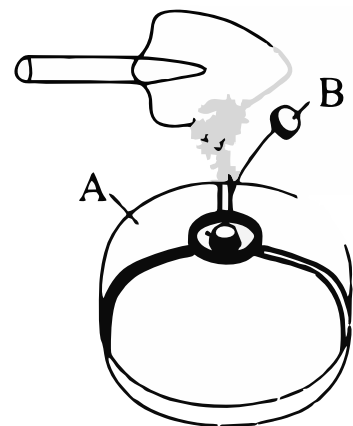
When using this equipment be sure that you are in good physical condition and under expert supervision .Before each and every use be sure the equipment is in good condition and properly fastened.

Use of any sports equipment subjects the used to a degree of risk. Users of this equipment must assume all risk of injury.

FIGURRE A



FIGURRE B



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