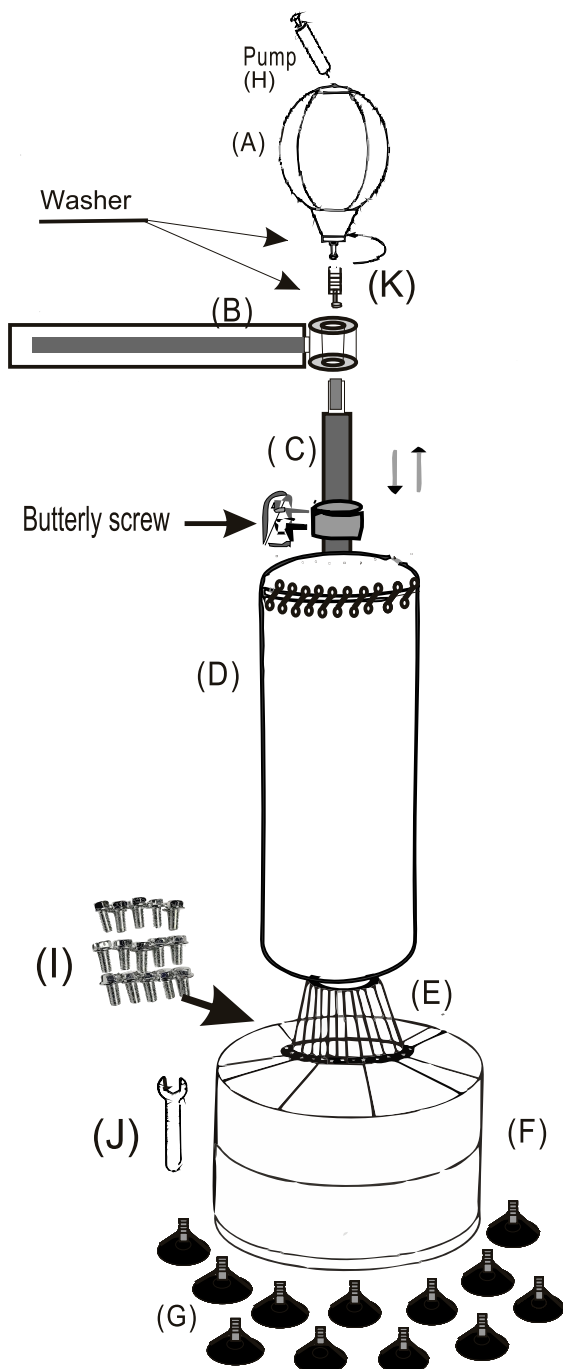


ASSEMBLY INSTRUCTIONS



- 1、 Install the suction cup (G) on the bottom of the base (F)
- 2、 Fill the base(F) with water or sand replace the cap
- 3、 Fix the connector (E)on base(F) with the wrench (J) and the Screw(I)
- 4、 Insert the upper section (C) into the Percussion body (D) and set to the desired height. use the butterfly screw to fix the upper section into place.
- 5、 Install the rotating rod (B) on the upper end of the adjusting rod (C)
- 6、 Put the washer on top of adjusting rod (c) and install the spring (k)
- 7、 Pump up the punch ball by using the pump(H) proided , then screw into position at the top of the .Spring(K)
- 8、 Only use a safe place, well aways ffrom all obstacles, breakaable items or other hazards.

Boxing is a contact sport. Any contact 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.

