



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY & INSTRUCTION MANUAL

AVVERTENZA:

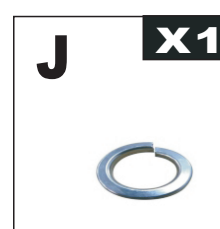
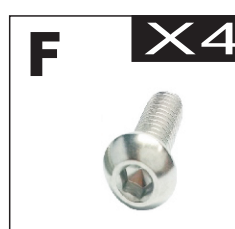
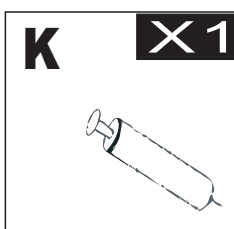
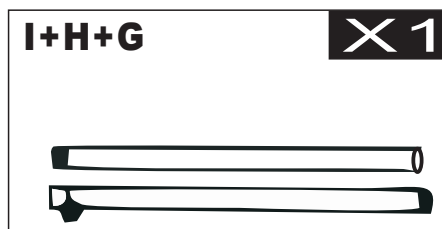
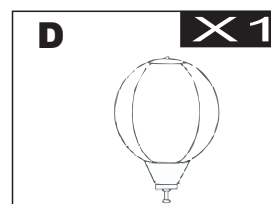
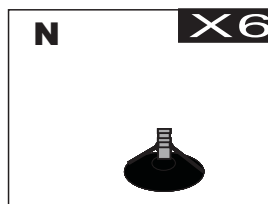
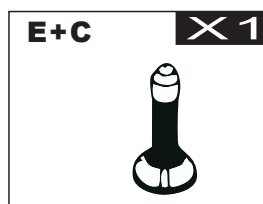
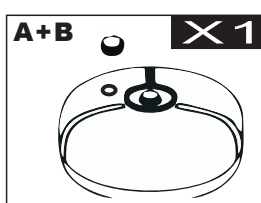
Prima di utilizzare la Palla da Boxe Verticale autoportante, si consiglia di contattare un medico per assicurarsi che le mani, i polsi, i gomiti, le spalle e la schiena siano in buone condizioni fisiche per consentire l'utilizzo di questa attrezzatura.

Si consiglia di utilizzare guanti ben imbottiti e fasce per le mani: questi dispositivi forniscono un certo grado di protezione ma non garantiscono di evitare completamente le lesioni personali.

Assicurarsi di essere in buone condizioni fisiche e sotto la supervisione di un esperto quando si usa questa attrezzatura. Prima dell'uso, assicurarsi che l'attrezzatura sia in buone condizioni e in sicurezza.

L'uso di qualsiasi attrezzatura sportiva è soggetto a rischio. Gli utenti di questa attrezzatura devono essere consapevoli dei potenziali rischi.

LISTA PARTI:



A: Base

B: Tappo

C: Protezione molla

D: Palla da Boxe

E: Gruppo molla

F: Vano vite a testa esagonale

G: Tubo in metallo

H: Bullone

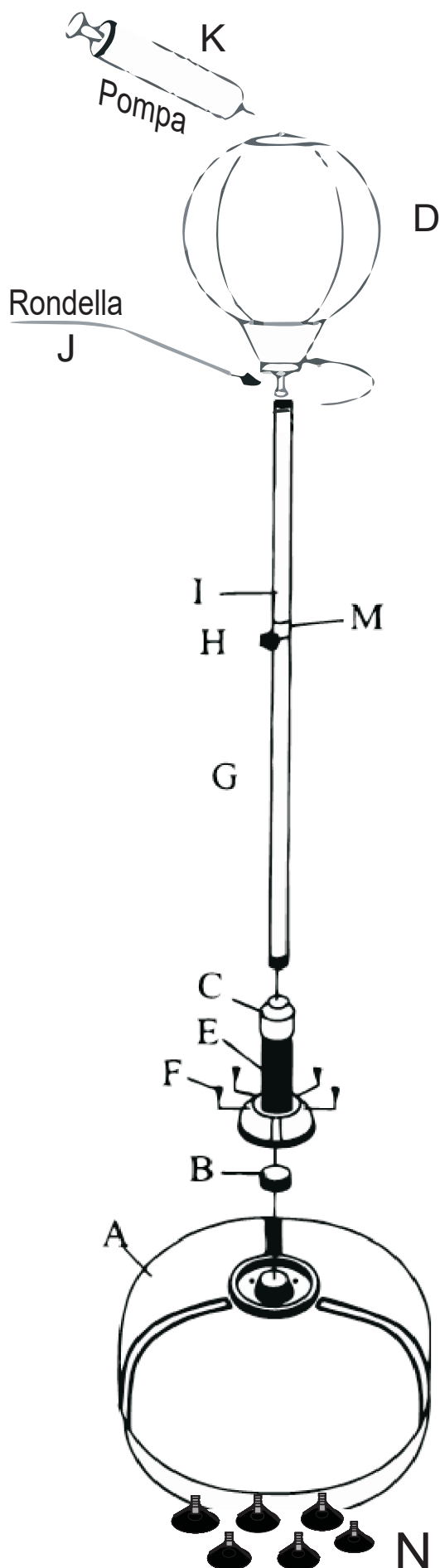
I: Tubo in metallo

J: Rondella

K: Pompa

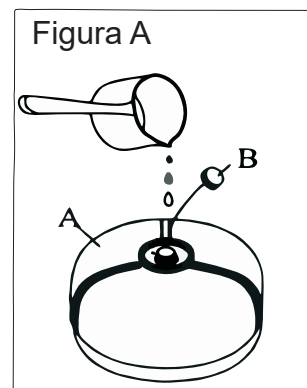
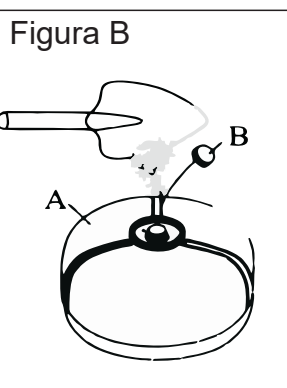
M: Manicotto tubo in metallo

N: Ventosa



PASSO:

1. Installare la ventosa (N) nella parte inferiore della base (A).
2. Aprire il tappo (B) sulla base (A) e riempire con acqua (Figura A) o (Figura B). Richiudere il tappo (B).
3. Avvitare la protezione (C) sulla molla (E). Fissare la molla (E) alla sommità della base (A) con quattro viti (F) e stringere.
4. Allentare il bullone (H) e far scorrere il tubo in metallo interno (I) nel tubo esterno (G) e stringere il bullone (H). Infilare il tubo nella molla.
5. Gonfiare la palla da boxe (D) utilizzando la pompa (K) in dotazione. La pressione massima dell'aria è di 4 libbre.
6. Posizionare la rondella (J) sulla sommità del tubo in metallo (I) e bloccarla con la sfera (D).
7. Utilizzare il bullone (H) per regolare l'altezza del tubo come mostrato di seguito.



WARNING:

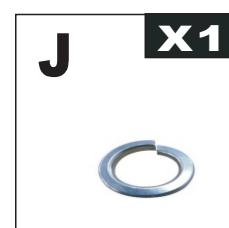
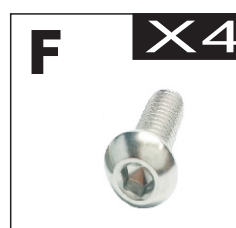
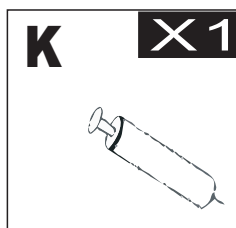
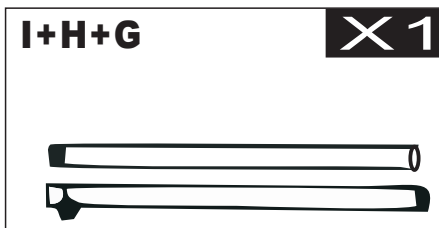
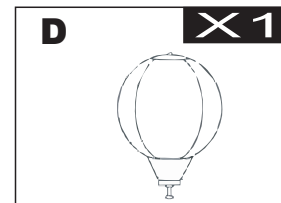
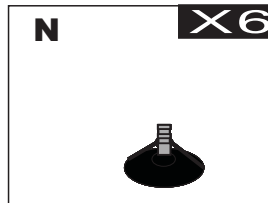
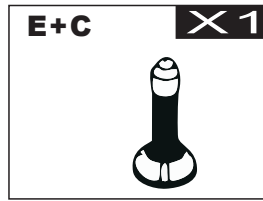
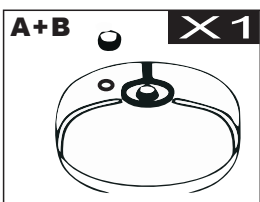
Before using the Free Standing Bag you are urged to contact a physician to be sure that your hands, wrists, elbows, shoulders and back are suitably conditioned withstand the rigors of punching this equipment.

It is recommended that you use well-padded Bag Gloves together with hand wraps. They provide a degree of protection but it is 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 user to a degree of risk. Users of this equipment must assume all risk of injury.

PART LIST



A: Base

B: Cap

C: Spring cover

D: Ball

E: Spring assembly

F: Socket head cap screw

G: Steel pipe

H: Bolt

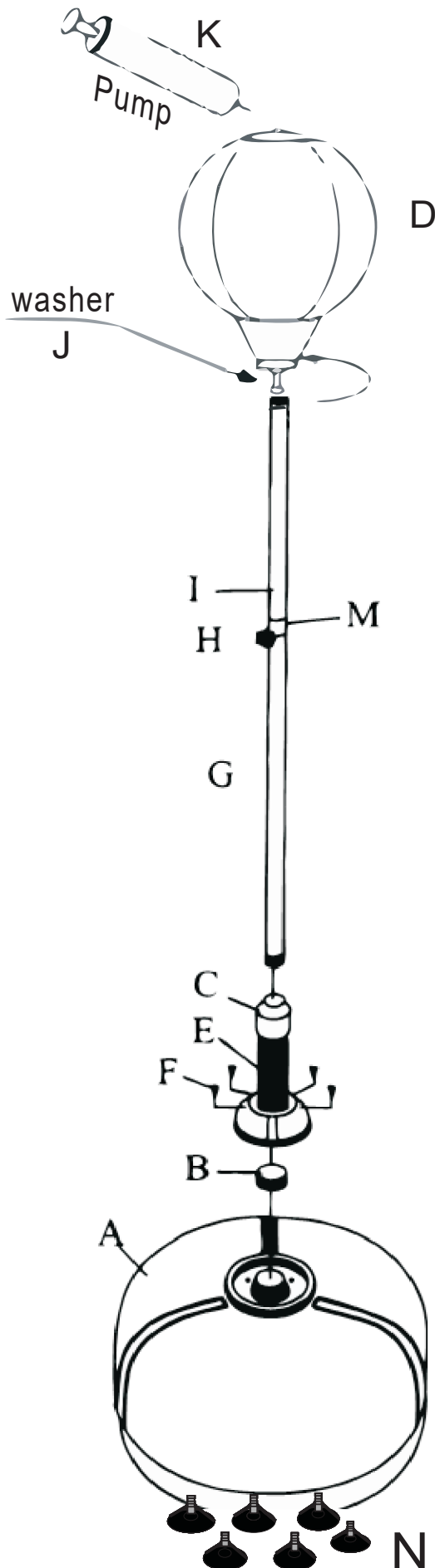
I: Steel pipe

J: washer

K: Pump

M: Steel pipe sleeve

N: Suction cup



SETUP:

1. Install (N) at the bottom of (A)
2. Open the Cap(B)on the Base(A)and fill with water (Figure A) or and (Figure B)and close with Cap(B)
3. Tighten Cover (C) onto Spring (E). Attach spring (E) to the top of the Base (A) with four Screw (F) and tighten
4. Loosen Knob(H) and slide inner Tube (I) into Outer Tube (G) and tighten Knob (H) . Slide tube assembly into spring assembly.
5. Pump up the ball(D) by using the pump (K) provided. maximum air pressure of 4 LBS
6. Put the washer (J) on the top of(I) and lock it with the ball(D)
7. Use Knob (H) to adjust tube assembly height as desired

