



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY & INSTRUCTION MANUAL

WARNING:

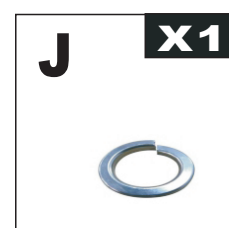
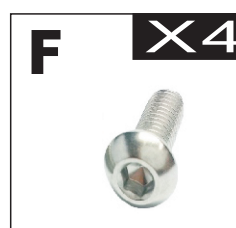
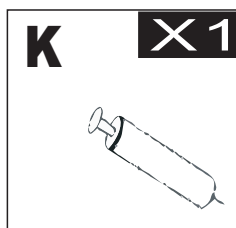
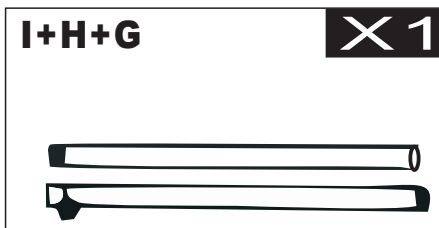
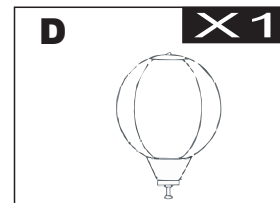
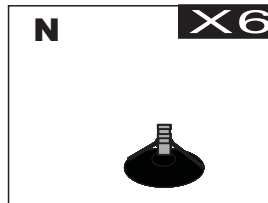
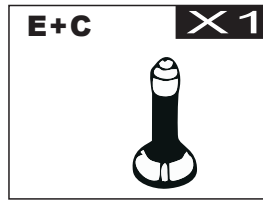
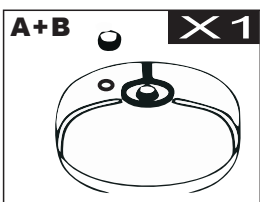
Before using the Free Standing Bag you are urged to contact a physician to be sure that your hands, wrists, elbows, shoulders and back are suitably conditioned withstand the rigors of punching this equipment.

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

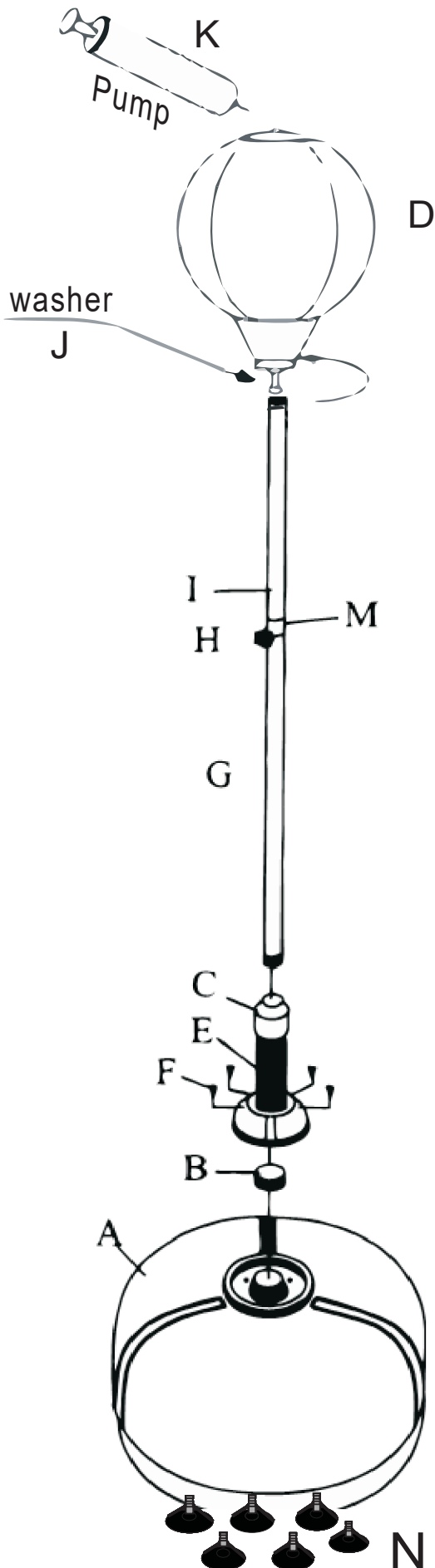
I: Steel pipe

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

