

Soozier

INadd048_US

A91-247V00



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY INSTRUCTION


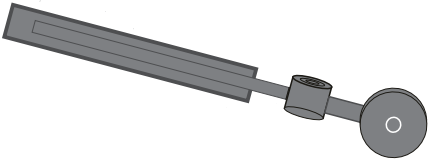
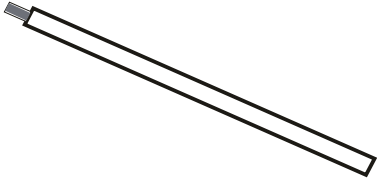
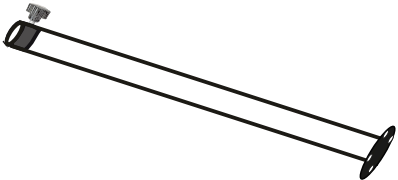





Important Safety Information

Please keep this manual safe for reference.

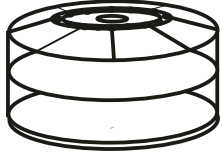
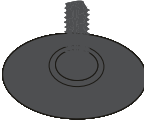
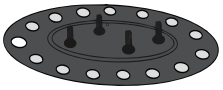



1. It is important to read the entire manual before assembling and using the equipment. For safe and efficient use, ensure the equipment is assembled, maintained and properly used. It is your responsibility to ensure all users of this equipment understand all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level. Before starting any exercise programme, you should consult your doctor to ensure you do not have conditions which could hinder your health or prevent you from properly using the equipment. Your doctor's advice is essential if you take medication that affects your heart rate, blood pressure or cholesterol level.
3. Incorrect or excessive exercise can damage your health. Stop exercising if you feel any of the following symptoms: pain, chest tightness, irregular heart-beat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you experience any of the following symptoms, consult your doctor before exercising.
4. Keep children and pets away from the equipment - it is designed for adult use only.
5. Use this product on a solid and flat surface with a protective cover for your floor. For safety, ensure there is at least 0.5m of space on all sides.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. Regularly check for damages and/or wear and tear, ensuring the product is safe to use.
8. Only use this product as stated in this manual. If there are damaged or worn parts, do not use this product until parts are fixed.
9. Wear suitable workout clothing when using this product. Do not wear loose clothing - it could get caught in the equipment or restrict movement.
10. The equipment is suitable for domestic, home use only.

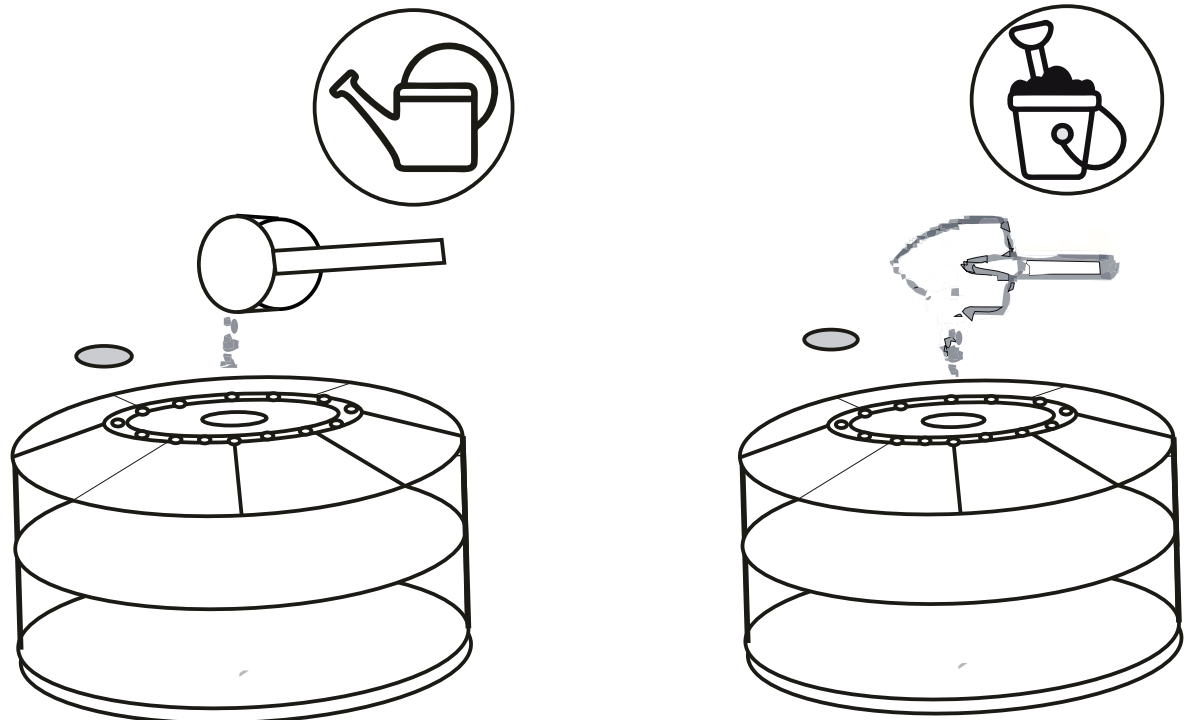
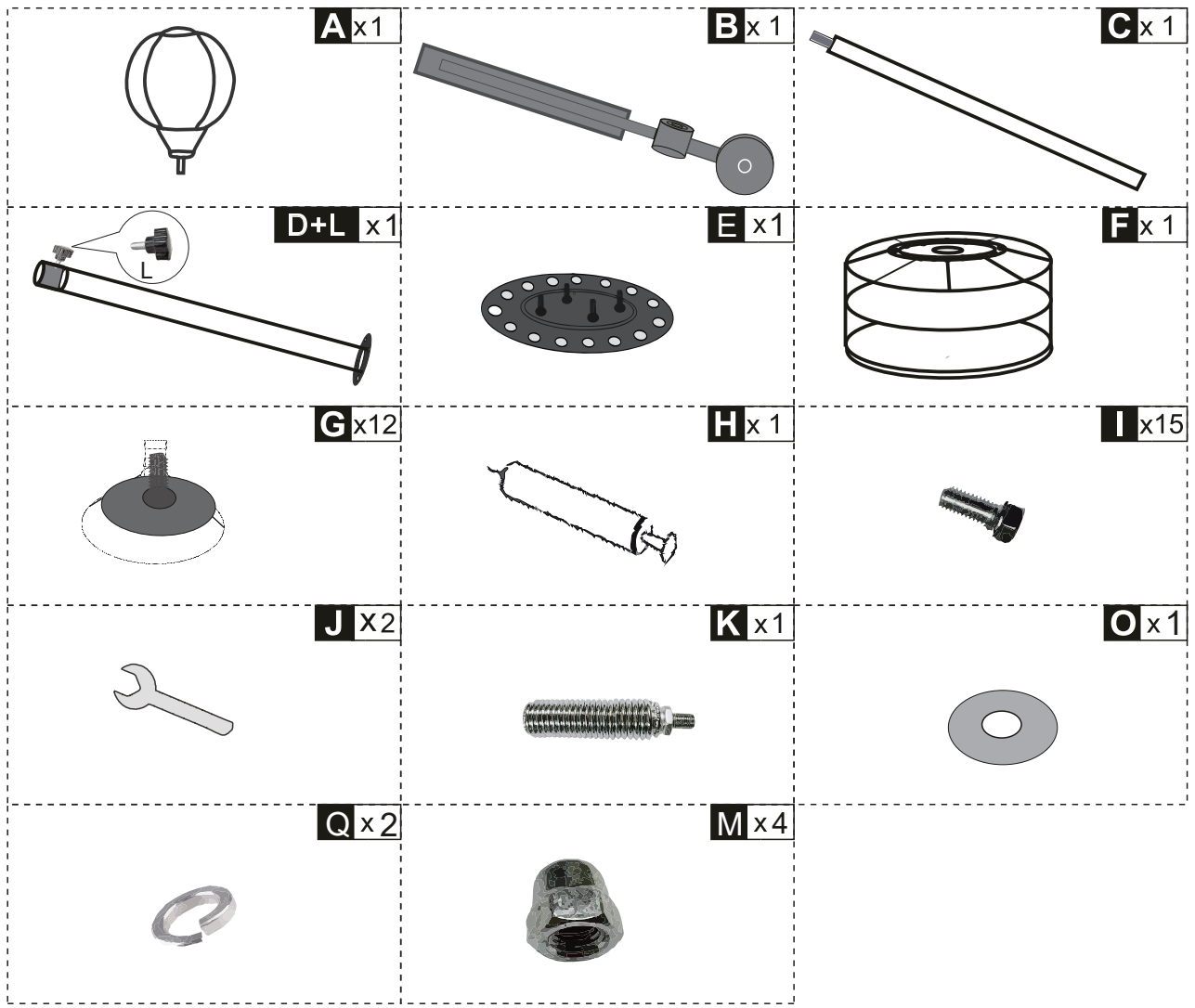
PACKING DETAILS: TOTAL 2 BOXES

BOX-1/2

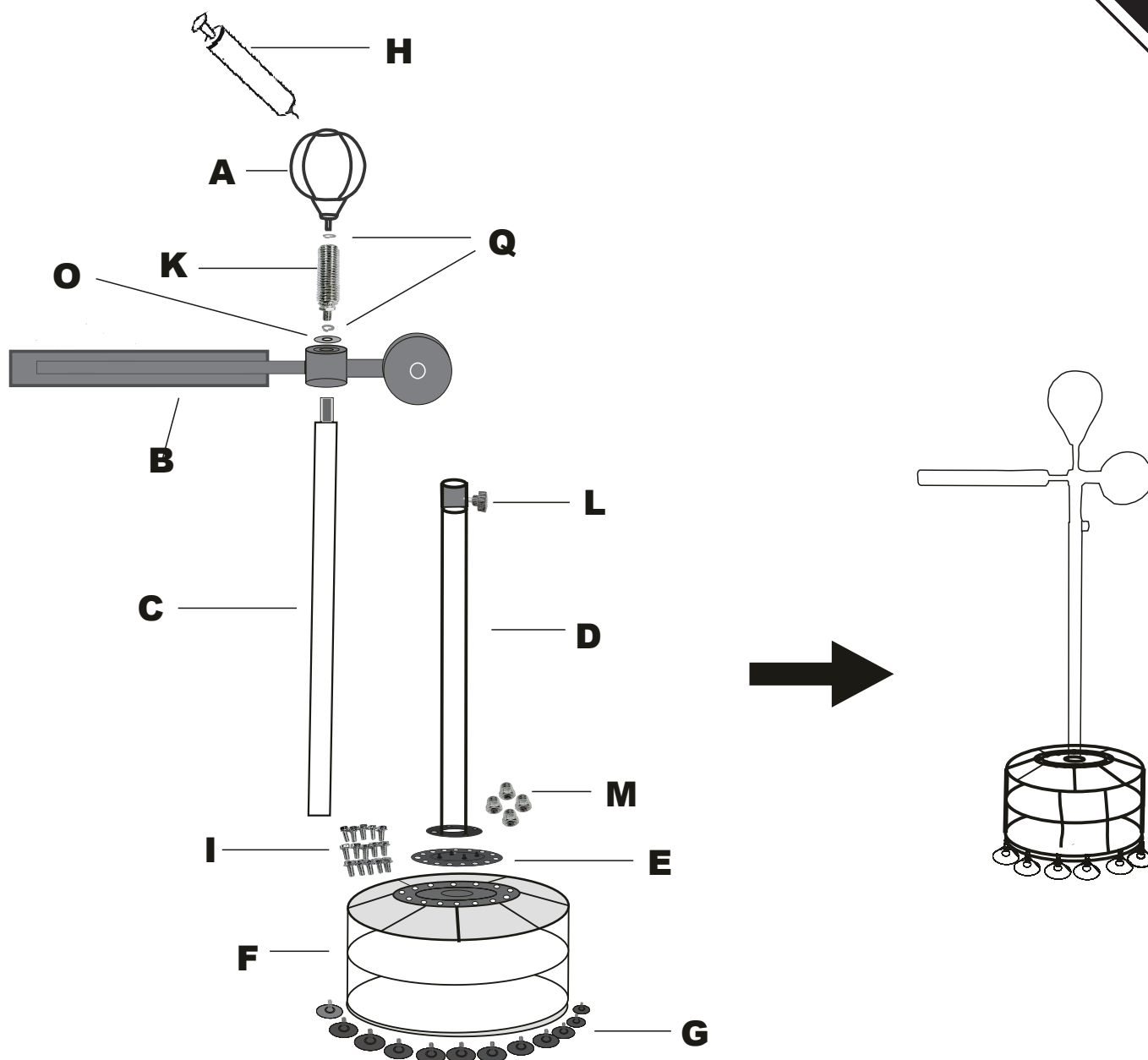
NO.	PARTS	QTY
A		1
B		1
C		1
D + L		1
H		1
K		1
Hardware	 x2  x1  x1	

BOX-2/2

NO.	PARTS	QTY
F		1
G		12
E		1
I	Hardware	 15
M		 4
J		 1



Fill the base (F) with water or sand, then place the cap.



1. Install the suction cup (G) at the bottom of the base (F) and determine the placement position.
2. Fix the connector (E) on the base (F) with a wrench (J) and screw (I).
3. Connect (D) and (E) - fix with a nut (M).
4. Insert the upper section (C) into the cylindrical steel pipe (D), adjust the required position and fix the height with the adjusting bolt (L).
5. Install the rotating rod (b) on the upper end of the adjusting rod (C).
6. Put the flat washer (O) and spring washer (Q) on the top of the adjusting rod (C), then lock the nut at the lower end of the connecting spring (K).
7. Use the supplied pump (H) to inflate the balloon (A) with 4lbs, place the gasket (Q) on the top of the spring (K) and lock it (A).
8. The rotation radius is 80cm. Keep away from all obstacles and fragile objects.

Boxing is a contact sport, which could result in serious injury. When boxing, ensure you are in good physical condition and under expert supervision. This equipment will provide limited protection, however it will not completely prevent the risk of injury. Users must assume the risk of any injury.