



Standing Boxing Bag

Assembly Instructions

Item No.: HIT00431

STEP-1

Remove the fill cap to fill the base; Then fill the base with water or sand.

STEP-2

Replace and tighten the fill cap.

STEP-3

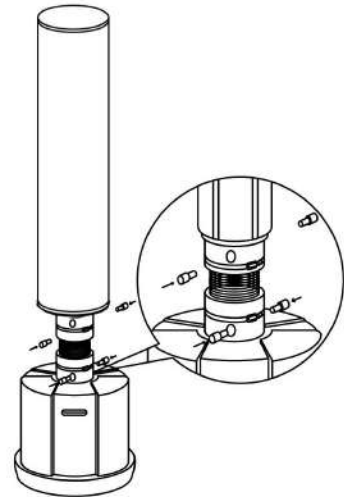
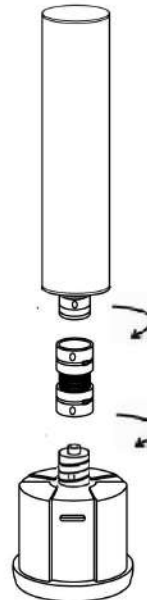
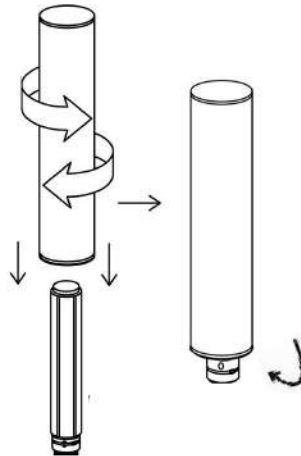
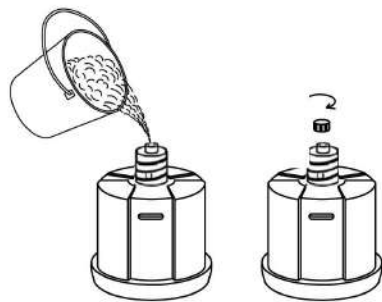
Insert the plastic pole into the punching bag by rotating the punching bag until the plastic pole is firmly inserted. The pole installation is complete when only the bottom of the pole and the two installation holes are visible. If there is any difficulty with this installation process, you may apply a lubricant to reduce the amount of friction between the pole and the punching bag.

STEP-4

Attach the flexible rubber base attachment to the base, matching up the two holes on the attachment and base. Next attach the top center pole to the rubber base attachment, also matching the two holes on the bottom of the center pole and the top of the rubber base attachment.

STEP-5

Secure the four holes – two on the top and two on the bottom -- of the flexible rubber base attachment with the four rubber plugs on opposite sides to keep it in place.



STEP-6

Cover the four holes with rubber plugs inserted with the two steel clamps, and secure.

STEP-7

Install the bag by twisting it into place on the base until it sits just above the base.

STEP-8

The bag is ready for use. Please note that the bag can be tilted so the base is at about a 45-degree angle, and easily rolled to and from the workout area, making it more portable, and keeping it out of the way when not in use.

