



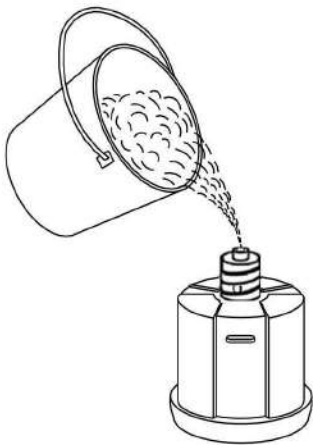
# HEAVY DUTY FREE STANDING PUNCH BAG

## Assembly Instructions

Item No.: HIT00460

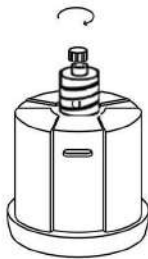
### STEP-1

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



### STEP-2

Replace and tighten the fill cap.



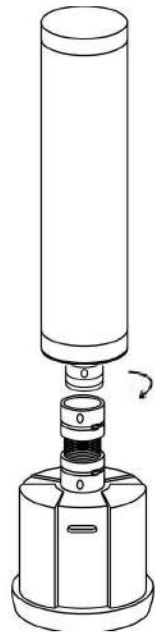
### STEP-3

Match two holes between the middle rubber and base.



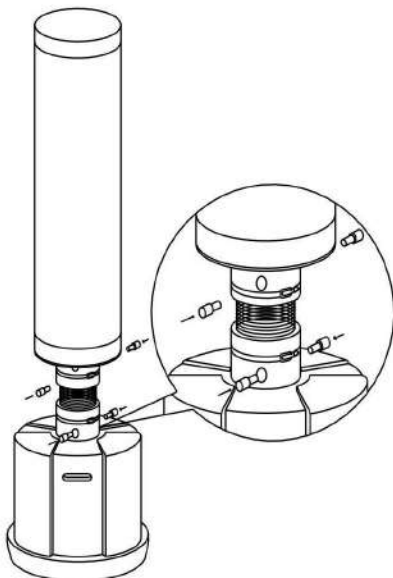
### STEP-4

Rotate and slip the bag onto the base.



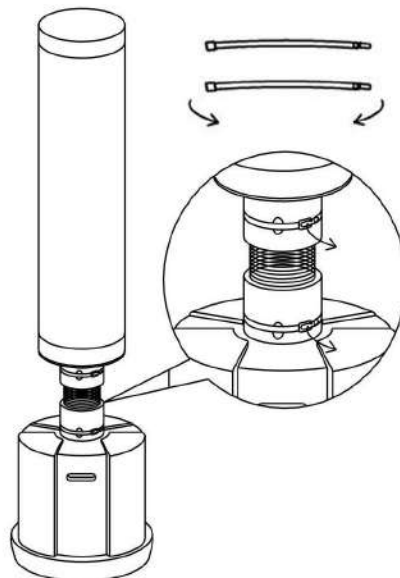
### STEP-5

Put four rubber plugs into both sides.



### STEP-6

Cover four holes with the steel stripe then buttoned up.



### STEP-7

Finished

