



**HIT BOXING**

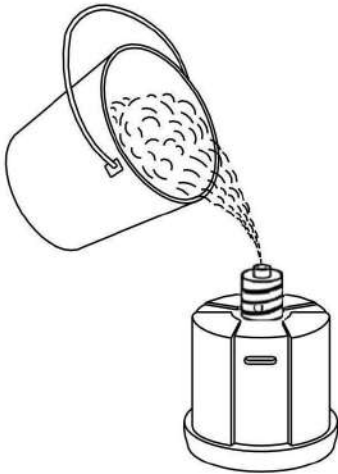
# Human shaped boxing bag

## Assembly instructions

Item No.:HIT00348

### STEP 1

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



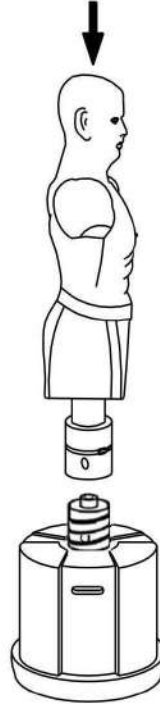
### STEP 2

Put the lid on the base.



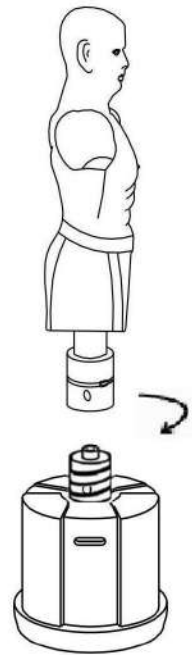
### STEP 3

Match the two holes between the body and base.



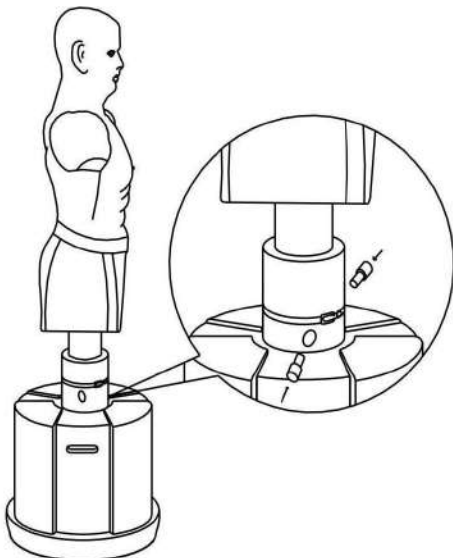
### STEP 4

Rotate and slide the body onto the base.



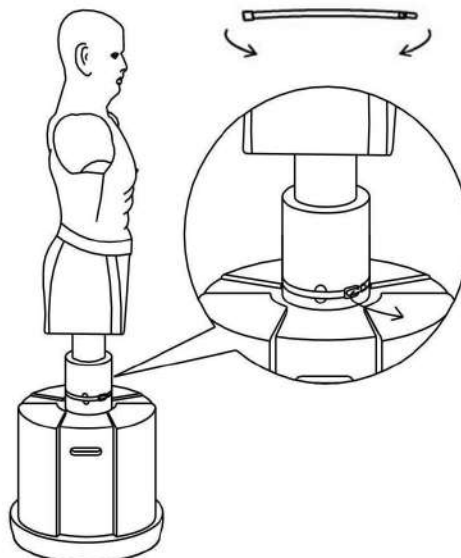
### STEP 5

Put the two rubber plugs into both sides of the base.



### STEP 6

Cover both holes with the steel strip provided and secure the steel strip by attaching both of the ends together.



### STEP 7

Finished.

