

Punching Bag

Product Size: 40X178cm

Meas: 0.42m²

Base : 70*28cm

Bag : 40*40*135cm

Volume: 85L

Weight: 16KGS

INSTALLATION

1, fill water or sand into the base and make the plug tightly.



2, use wrench to lock the screws.



3, screw the top bag clockwise into the connector and make it tightly.



4, adjust the screws at 2 sides of the connector to make the top bag straightly.



5, open the velcro to assemble protector around the connector.

DETAILS

NO	ITEM NAME	QUANTITY
1	TOP PUNCHING BAG	1
2	PROTECTOR	1
3	CONNECTOR	1
4	BASE	1
5	PLUG	1
6	SCREWS	12 SETS

TRANSPORTATION

This product is only for home use and physical training. We do not suggest for gym use and game use.

Please wear safety devices, for example, boxing gloves, knee pads ,elbow pads and so on to protect yourself not to be injured.

There is artificial leather on top bag, please do not use solid object to scrap the bag surface.

There are 12 powerful suckers at base bottom, suggest use this product on smooth and flat floor. If you want to use this product on carpet or lawn, please take off the suckers.

The product should not be heavily pressed, damp, fall down and put in the rain.

Product should be put in ventilated and dry place. Please do not put it together with corrosive product and burn in the sun.