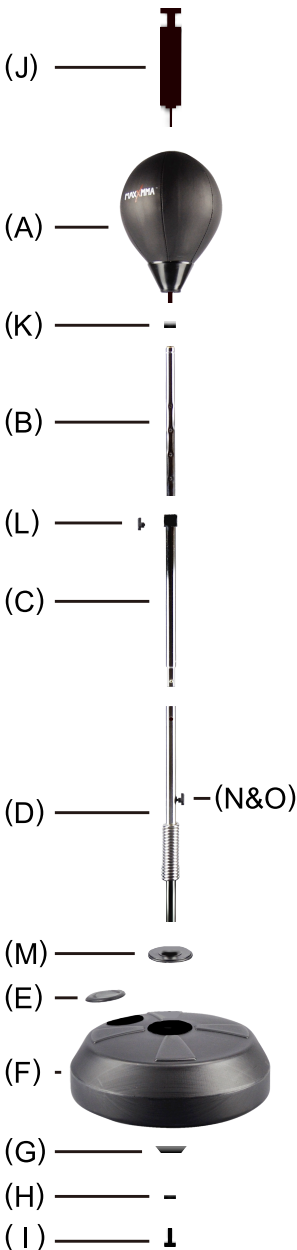


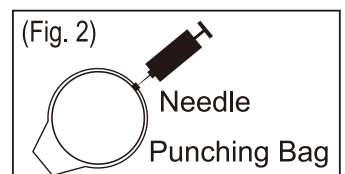
ASSEMBLY INSTRUCTIONS



ADJUSTABLE
FREESTANDING REFLEX BAG KIT
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1. Place the large iron washer (M) over the hole at the top of the base (F) and insert the base tube (D) into the base.
2. Place the blockage segment (G) over the hole on the bottom of the base. Insert the blockage screw (I) through the spring washer (H) and blockage segment (G), and tighten completely into the base tube (D).
3. Remove the cap (E). Fill the base (F) with water or sand and then replace the cap. (Fig. 1)
4. Press in the button at the down of middle tube (C) and push the middle tube (C) into the base tube (D). Adjust so that the location hole fits over the button. The button should pop back out to lock base tube (D) into place.
5. Insert the upper tube (B) into middle tube (C) and set to the desired height. Use the hand screw (L) to fix upper tube (B) into place.
6. Inflate the punching bag (A) with the pump (J)(Fig. 2), then screw through the spring washer (K) into position at the top of upper tube (B) securely.
7. Loosen the hand screw (O) on the flexibility adjuster (N) in the base tube (D), slide up and down to adjust to desired flexibility, then tighten the hand screw to fix the flexibility adjuster.
8. Use this product in a safe place away from obstacles, breakables, or other hazards.



This punching bag is constructed with an inner bladder beneath the surface. When inflating the punching bag, take care when inserting the needle. Wet it first and then insert it GENTLY into the air hole taking care not to puncture the inner bladder.

WARNING:

Any contact sport can be dangerous and result in serious injury. Always wear boxing gloves or bag gloves when using this product, and be sure you are in good physical condition and under a qualified instructor. Anyone using this product must assume the risk of any injury.