

Please read the following instructions after delivery:

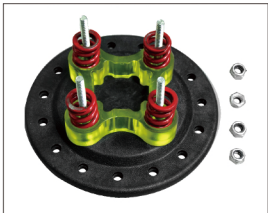
1. For the convenience of transportation, bag and base are shipped separately. If you just receive one parcel, please email us.
2. The base can be filled with sand, stones, water or other objects. We recommend dry sand as the density of sand is higher, namely making your punching bag more stable. Water filling is not advisable, it will slosh, and water will give off unfavorable smell if stay in the bucket for a long time.
3. The installation of suction cup if optional. These parts work only on smooth marble/tile/wooden floors. You may choose not to mount it for carpet floor; It is prohibited to use suction cup only without filling the bucket base.

The product has been strictly tested, the quality conforms to Q/JLTY01-2016, GB/T2828.1-2012 standard.

Installation Instruction



1 Take out products and accessories from the package



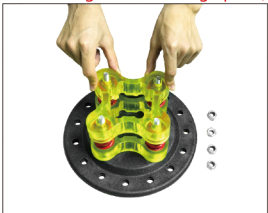
4 Put 4 springs into the groove of the horn tendon



7 Put the punch bag on the base bucket (note that the hole on the flange should be aligned with the nut on the base bucket)



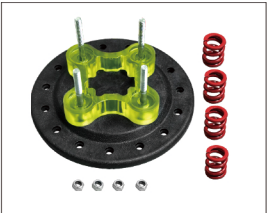
2 Take out the flange plate, and insert four 4x120mm bolts into the plate, and put the flange plate down on the ground (Note: match and fit the hexagon of the bolt with the hexagon of the flange plate)



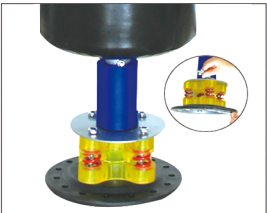
5 Put another horn tendon on top of 4 springs (the concave side downward)



8 Put the gasket and bolt into the hole on the flange plate (be sure to twist a few turns by hand, otherwise the nut will be damaged, causing the weight bucket to be scrapped;



3 Insert the horn tendon into the four bolts (the concave side upward)



6 Use a wrench to secure the nut. The bolt should be 2 cm higher than the nut.



9 Tighten the bolt with a wrench.



10 Find a smooth floor, clean with semi wet cloth then place the punching bag (avoid the gap of floor).



11 Remove the lid from the base bucket.



12 Turn the base bucket upside down to install the suction cup.



13 Fill the base with sand (dry sand would be better). You can make a simple funnel with the mineral water bottle to help you fill sand.

Guideline to Relocate



1 Insert cardboard under the suction cup to separate the suction cup from the floor.



2 Move the base to relocate.