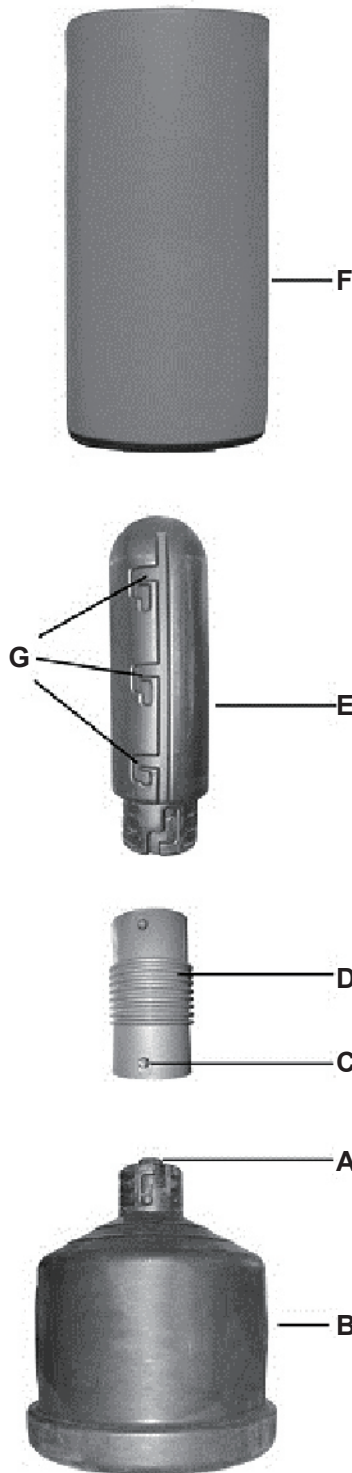


FREESTANDING BAG ASSEMBLY INSTRUCTIONS



1. Remove cap (A) and fill base (B) with water.

2. Align the blots (C) in the flanged end of the flexible collar (D) with the slots in the top of base (B) and connect. Be sure to slide the collar completely to the bottom of the channel by rotating the collar slightly.

3. Align the channels of the adjustable center post (E) with the bolts near the top of the collar (D) and connect. Be sure to slide the center post completely in to place by rotating it slightly.

4. Align the plastic knobs on the inside of the padded bag (F) with the channels on the sides the center post and connect the bag and center post.

5. The height of the bag can be adjusted by raising and slightly rotating the bag until the interior knobs slip into the side channels (G). The bag should then be maneuvered so the knobs rest in the bottom of the side channel.

6. Be sure to tighten all bolts prior to initial use.

WARNING: Before using your freestanding HEAVY bag you are urged to contact a physician to be sure that your hands, wrists, elbows, shoulders and back are suitably conditioned to withstand the rigors of punching this equipment.

It is recommended that you use well-padded leather bag gloves together with hand wraps. They provide a degree of protection but it is not warranted that this will avoid any injury.

When using this equipment be sure that you are in good physical condition and under expert supervision. Before each and every use be sure that the equipment is in good condition and properly fastened.

Use of any sports equipment subject the user to a degree of risk. Users of this equipment must assume all risk of injury.