

BLITZ FREESTANDING DOUBLE SIDED PUNCH/KICK BAG INSTRUCTIONS

1. Check all parts. Do not discard any packaging material until all parts are identified.

Box 1 of 2 contains the **Foam Pad**, **Outer Tube** and the **Inner Tube**.
Box 2 of 2 contains the **Base**, which has a **Cap**, **4 Bolts** and **4 Washers**.

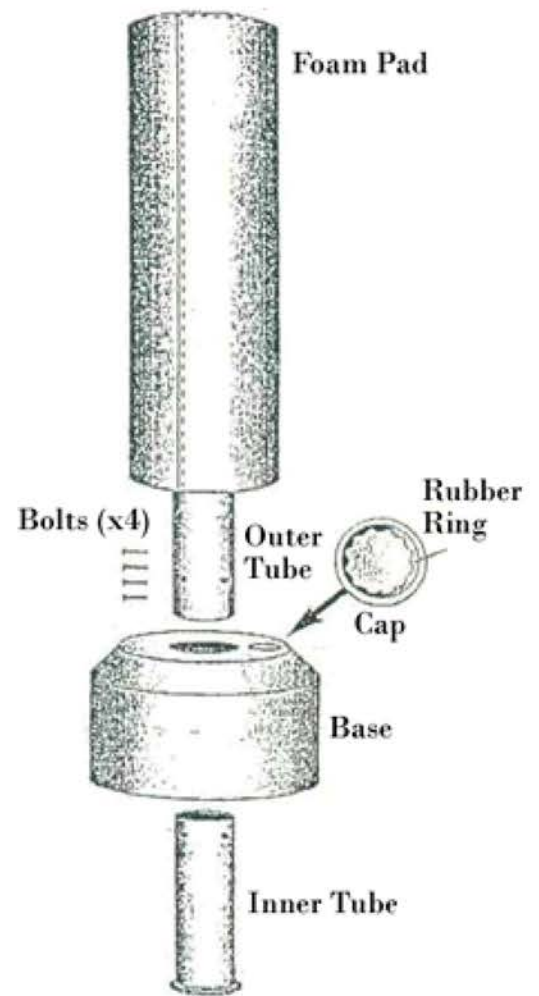
2. Pull out the **Outer Tube** to expose 4 holes, which need to be about an inch or so away from the **Foam Pad**. An effective position to do this is to push your feet against the **Foam Pad** while pulling on the **Outer Tube**.

3. Place the **Inner Tube** inside the doughnut shaped **Base** from the bottom.

4. Place the **Outer Tube** over the **Inner Tube**. Join the two by fastening the **4 Bolts** and **Washers** around the tubes.

5. Examine the **Cap**. Make sure the **Rubber Ring** seal lies perfectly flat against the top.

6. Fill the **Base** with either water or dry, fine grain sand. Replace the **Cap** tightly. Change the water once every 3 months.



PARTS LIST

Foam Pad
Outer Tube
Inner Tube
Base with Cap
Bolts and Washers x 4

WEIGHT

The Freestanding Double Sided Punch/Kick Bag will have the following weight when its base is filled with either water or sand:

Water - 249lbs
Sand - 300lbs.

NOTE

The base must be fully filled with sand or water before use.