

FREE STANDING PUNCHING BALL

ASSEMBLY INSTRUCTION

Step 1. Using tool (I) to fix four screws (C) and firm them metal disk (B) on the bottom base (A).

Step 2. Open the Cap (H) of the bottom base fill up water or sand.

Step 3. Firstly, put black plastic tube (D) to inner longer iron tube (L), then install shorter iron tube (K) with longer iron tube well.

Step 4. Rotate the black knob (J) to adjust suitable height.

Step 5. Make use of two Screws (E) to fix (F) with iron tube slide the red Ball (G) to the inner adjustable tube like Overview Chart.

