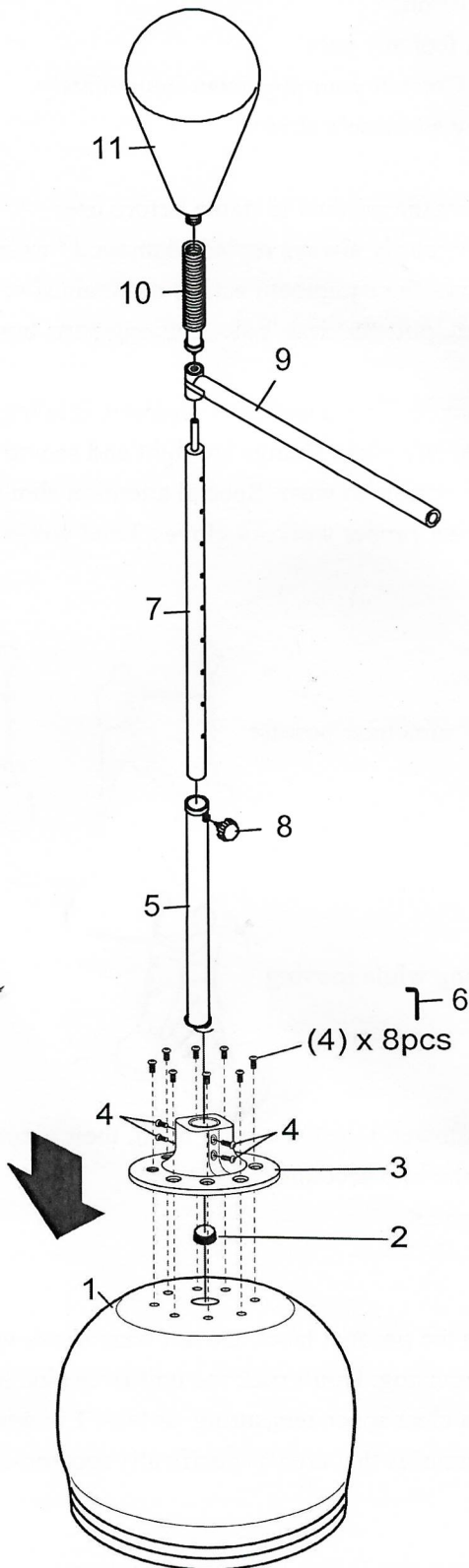


OVERVIEW CHART



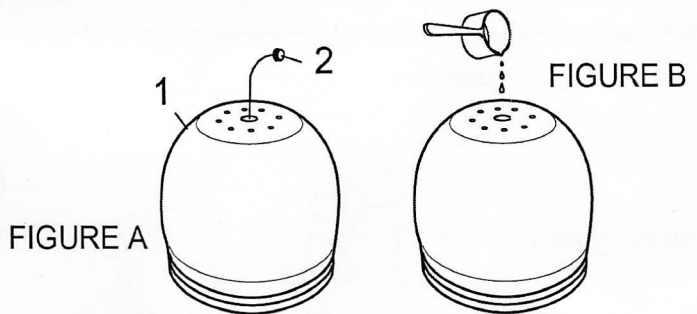
WARNING:

Use this product in the range of 1.5 M movement, or activity was not allowed to stand. To maintain security!

PARTS LIST

<u>No.</u>	<u>Description</u>	<u>Q'ty</u>
1	Base	1
2	Rubber Cap	1
3	Housing	1
4	Bolt	12
5	Outer Tube	1
6	Allen Wrench	1
7	Adjustable Inner Tube	1
8	Lock Knob	1
9	Arm	1
10	Spring	1
11	Speed Ball	1

ASSEMBLY & INSTRUCTIONS



Step 1.

Remove the Caps (2) on the Base (1) as Figure A. Filling the Base (1) with Water as Figure B then plug back the Cap(2).

Step 2.

Fix the Housing (3) onto the Base (1) with 8 Bolts (4). Then screw the Outer Tube (5) on Housing (5) with Bolts (4)

Step 3.

Insert the Adjustable Inner Tube (7) into the Outer Tube (5) Then adjust your preferred height with Lock Knob (8).

Step 4.

Slide the Arm (9) and Spring (10) tight to the top of the Adjustable Inner Tube (7).

Finally, assemble the Speed Ball (11) beneath the periphery of the Spring, now make sure a complete.

As shown in Overview Chart.

CAUTION:

- ✘ Do not use Boxing stand by the hand with other things.
- ✘ Do not use Boxing stand by the Sports shoes or Boxing shoes with other things.

Safety Guidelines and warning:

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination. The instruction must be read in full before assembly and / or use of this product. **WARNING - YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY - THIS LIST IS NOT EXHAUSTIVE.**

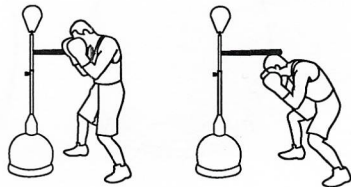
Work within your recommended exercise level, do NOT work to exhaustion.

Injuries to health may result from incorrect or excessive training. If you feel any pain or abnormal symptoms, **STOP YOUR WORKOUT IMMEDIATELY.** Consult your physician immediately. After eating, allow 1 - 2 hours before exercising as this will help to prevent muscle strain.

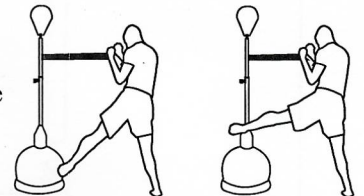
Assemble and operate the equipment on a solid, level surface, ensure that the product is stable before use. The safety level of this equipment can only be maintained only if it is regularly always replace damaged / worn components with original parts from the manufacturer. The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts bushes, chains, wheels, bearing & points etc. Replace defective components immediately, and / or keep the equipment out of use until it is repaired. It is important that you keep these instructions for further reference. Always check that any pins / fixings are tight and secure before use and / or after adjustment. Special attention to components most susceptible to wear. Special attention should be taken to inspect these components before use. To avoid from danger, wear proper workout gloves, hand wraps and etc. when using the equipment.



Correct punching postures



Incorrect punching posture



Push the base to move the product



No bending while moving



Keep unsupervised children away from the equipment. If children are allowed to use the equipment, their mental and physical development and above all their temperament should be take into account.

They should be controlled and instructed in the correct use of the equipment.

The equipment is under no circumstances suitable as a children's toy.

Never overload the equipment - the maximum user load is displayed on the product label. Do not wear shoes with sharp surface or high heels. And remove all personal jewelry before exercising. Don't rock the unit from side to side. Care should be taken when using and disusing this unit. Always allow a clear space measuring at least 1 m wide and 1 m long directly front/behind the equipment. Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.

*Always ensure the equipment has adequate space on each side. Locate the equipment at least 80 inches (2 meters) away from walls or furniture on either side of the equipment and objects behind the equipment.

* This is home use product, Can not be used in commercial, studio, gym, or teaching purpose .



This item is for indoor use only!
Do not store or use the item outdoors.