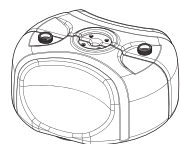


Parts List

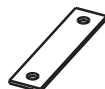
01



A. Base  
x 2



B. Base Cap  
x 2



C. Base Support Plate  
x 2



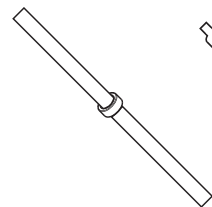
D. Base Plug  
x 1



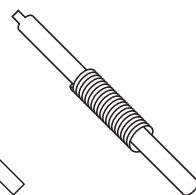
E. Base Plug Cover  
x 1



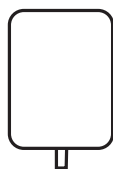
F. Base Plate  
x 1



G. Lower Pole  
x 1



H. Middle Pole  
x 1



I. Punch Ball  
x 1



J. Bolt M8 x 50mm  
x 1



K. Bolt M8 x 12mm  
x 4



L. Bolt M8 x 16mm  
x 4



M. Bolt M6 x 30mm  
x 2



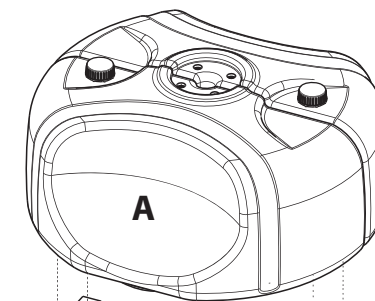
N. Nut M6  
x 2

Assembly Instructions

02

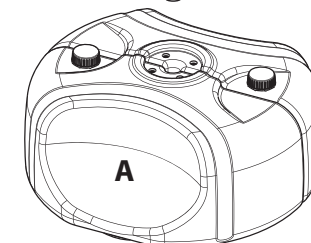
Step 1

Turn the Base x 2 (A) over and connect them using 2 x Base Support Plate (C) and 4 x Bolts M8 x 12mm (K).



Step 2

Place Lower Pole (G) in the center hole of the Base (A). Make sure the screw holes are on the top end of the Lower Pole (G). Slide the Base Plate (F) onto the Lower Pole (G) and secure to the Base (A) with 4 M8 x 16mm Bolts (L).

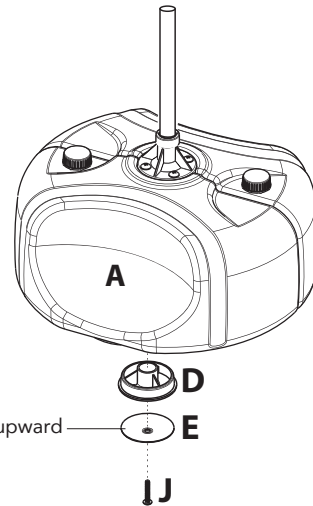


Assembly Instructions

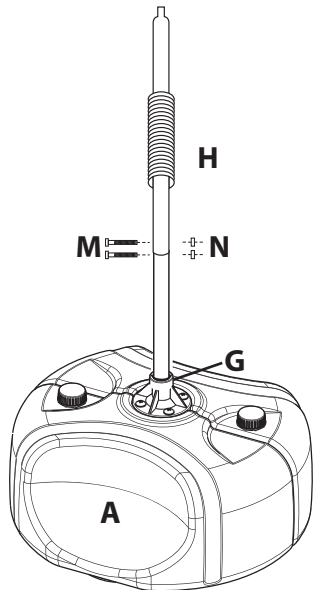
03

Step 3

Turn Base (A) over and then place Base Plug (D) into the hole of the Base (A), cover Base Plug (D) with Base Plug Cover (E) and secure them into place using Bolt M8 x 50mm (J).



The concave surface is upward



Step 4

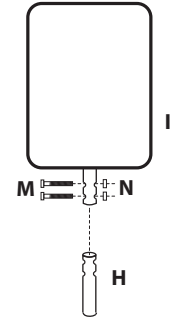
Slide the Middle Pole (H) onto the Lower Pole (G). Secure with 2 M6 x 30mm Bolts (M) and 2 Nuts (N).

Assembly Instructions

04

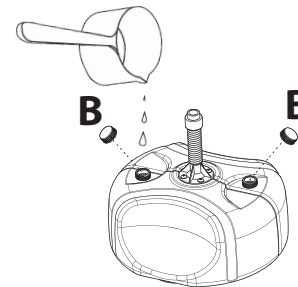
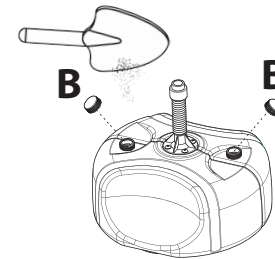
Step 5

Slide Punch Ball (I) over Middle Pole (H). Secure the Punch Ball (I) to the Middle Pole (H) with Bolt M6 x 30mm (M) and Nut M6 (N).



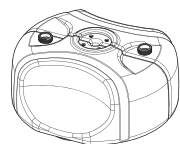
Step 6

Stand the Cardio Training Bag upright and unscrew the Base Caps (B). Fill both sections of the Base (A) with either sand or water, and replace the Base Caps (B).



## Liste des Pièces

01



A. Base  
x 2



B. Capuchon  
de la Base  
x 2



C. Plaque de  
Support de la Base  
x 2



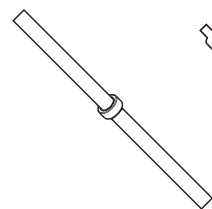
D. Bouchon  
de la Base  
x 1



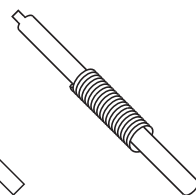
E. Couvercle du  
Bouchon de la Base  
x 1



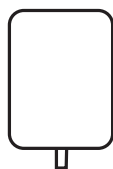
F. Plaque  
de la Base  
x 1



G. Poteau  
Inférieur  
x 1



H. Poteau du Milieu  
x 1



I. Ballon de Frappe  
x 1



J. Boulon M8 x 50mm  
x 1



K. Boulon M8 x 12mm  
x 4



L. Boulon M8 x 16mm  
x 4



M. Boulon M6 x 30mm  
x 4



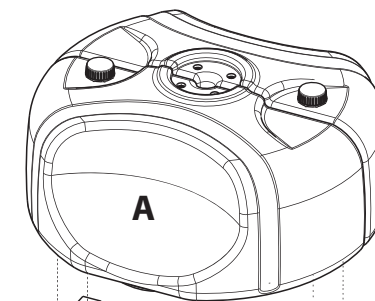
N. Écrou M6  
x 4

## Instructions d'Assemblage

02

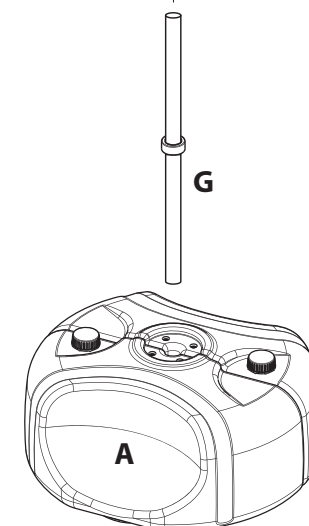
### Étape 1

Retourner les 2 parties de la base (A) et les attacher ensemble à l'aide de la plaque de support de la base (C) et des 4 boulons M8 x 8 mm (O).



### Étape 2

Glissez le poteau inférieur (G) dans le trou en centre de la plaque de base (A). Assurez-vous que les trous de vis sont le haut du poteau inférieur (G). Glissez la plaque de base (F) sur le poteau inférieur (G) et sécurisez à la base (A) avec 4 M8 x 16mm boulons (L).

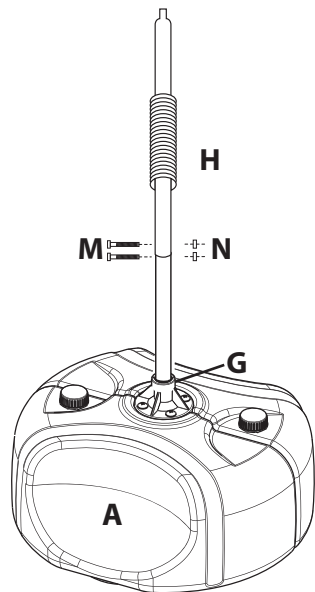
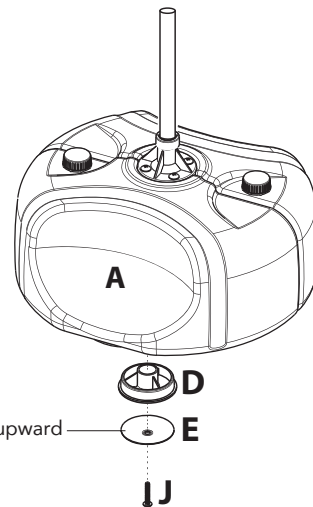


Instructions d'Assemblage

03

Étape 3

Retourner la base (A) et installer le bouchon de la base (D) dans le trou de la base (A). Couvrir le bouchon de la base avec le couvercle du bouchon de la base (E) et les fixer en place avec le boulon M8 x 50 mm (J).



The concave surface is upward

Étape 4

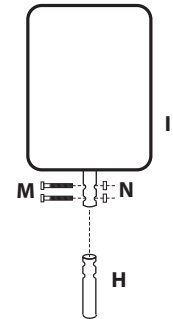
Glissez le poteau central (H) dans le poteau inférieur (G). Sécurise avec 2 M6 x 30mm boulons (M) et 2 écrous (N).

Instructions d'Assemblage

04

Étape 5

Faire glisser la ballon de Frappe (I) sur le Poteau Centrale (H). Attacher le ballon de frappe (I) au Poteau Centrale (H) avec le boulon M6 x30mm (M) et l'écrou M6 (N).



Étape 6

Se tenir debout le sac pour entraînement cardio-vasculaire et dévisser les capuchons de la base (B). Remplir chaque section de la base (A) avec d'eau ou de sable, et remplacer les capuchons de la base (B).

