

# TYPHOON HEAVY BAG

## SET UP GUIDE



### USING THE VALVES:

- When central plunger is raised, valve is closed
- Depress the plunger until you hear a “click” to open valve (to empty bag)
- Air/ water hose adapters will automatically close/ open valve when used

### YOU WILL NEED



Included set up kit



Water supply



Carabiner + Spring

*Recommended (Not Included)*

### 1 FILL THE AIR CORE

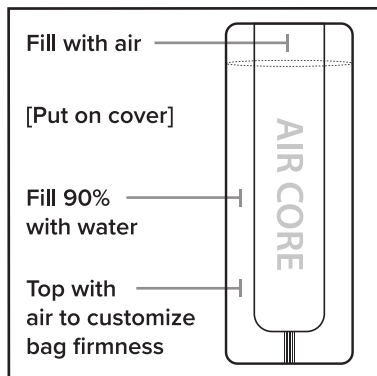
Before starting, verify the plunger in the center of the valve is raised, (valve is closed) so air will not escape after removing the hose adapter. Insert the air hose adapter into the Air Core valve and turn **clockwise** to lock the valve in place. Fully inflate the air core with the included pump. Remove the hose assembly by turning the adapter **counter clockwise** to remove. If the valve is in the closed position, it will automatically stop the flow of air once the adapter is removed.

### 2 SLIDE ON THE COVER

Slide the neoprene cover over the bag- this will be much easier to do **before** filling the bag with water. Make sure the straps line up with the strap slots and the velcro patches are secured before continuing.

### 3 FILL WITH WATER

Connect the water supply hose to the water fill valve; turn **clockwise** to lock the valve in place. Connect the other end of the hose to your water supply and start the flow of water, filling the water bladder approximately 90% full of water. You will need to pull the fill hose out of the adapter periodically during filling to let trapped air out of the water bladder. Top off the remaining 10% with air to customize bag feel.



### OPERATING INSTRUCTIONS

- Your heavy bag should hang from a load-bearing surface such as an overhead support beam or properly installed heavy bag stand
- There should be at least 5 feet of space in all directions around the bag to allow it to swing freely
- We highly recommend using a heavy bag spring to prevent unnecessary wear on your bag and mount. A spring will also make for more dynamic bag movement and a more engaging training session.

Check out [MeisterElite.com/HeavyBags](https://meisterelite.com/HeavyBags) for mount + spring options from Meister!

Are you missing any equipment or having problems with your bag?  
Contact us first at [meisterelite.com](https://meisterelite.com). We're here to help!