



BST180

# Free-Standing Boxing Set



MODEL: BST180

BATCH: PR4462

The illustrations used in this manual are to illustrate the operation method and structure of the product. Where there is a small difference between the physical item and the illustrations, please take the physical as the standard.

**Description:**

Great for improving hand and eye co-ordination and letting off a bit of steam, this free-standing punching ball is a great addition to any kid's bedroom or rumpus room.

Complete with boxing gloves, a hand pump and a base to be filled with sand or water for stability, there'll be no more excuses for punching unsuspecting siblings!

Pick on someone your own size

With an adjustable height of between 120 cm to 145 cm this punching ball can be set at a height that perfectly suits the aspiring boxer.

(Base needs to be filled with water or sand for stability.)

**Features:**

Durable PU punching ball.

Suitable for indoor or outdoor use.

Height adjustable from 120 to 145 cm.

Sprung chrome bar for better movement.

Ideal sparring, punching and kick boxing.

Base Diameter – 43cm (approx.)

Not for children under 6 years of age.

Size: 145 × 43 × 13 cm

Includes:

Freestanding punching ball.

Pair of gloves.

Pump.



**To avoid suffocation or choking, keep all bags and small parts away from babies and children.**

**The boxing set is not a toy. Do not allow children to use it without adult supervision.**

**Instruct others who are not familiar with this piece of equipment on basic use.**

**The user must accept full responsibility for the safe and proper assembly and use of all equipment. Before each and every use be sure that the equipment is in good condition and properly fastened.**

**Attention:**

1. Please wear boxing gloves before boxing to avoid scratching your hands.

The risk of wear and tear easily occurs in boxing. Before boxing, please wear boxing gloves to protect your hands. Boxing without protected hands is strictly prohibited. Boxing gloves are perishable consumption gifts, wearing and tearing are not covered by the warranty.

2.Boxing ball inflation precautions.

Do not over inflate. Inflate the ball to 80% with an air pump, too much inflation will easily cause the ball to be stiff and cause hand pain during boxing. If the ball is inflated too much, please slightly deflate the ball. It can be inflated to 80% again when the sphere pressure is insufficient.

3. Please make enough space is around the boxing stand when using it. Note that the boxing set has strong resilience and prevent it from bouncing back to hurting yourself. Also ensure that sharp objects are avoided from penetrating the ball. Remove fragile objects such as eyeglasses when using.

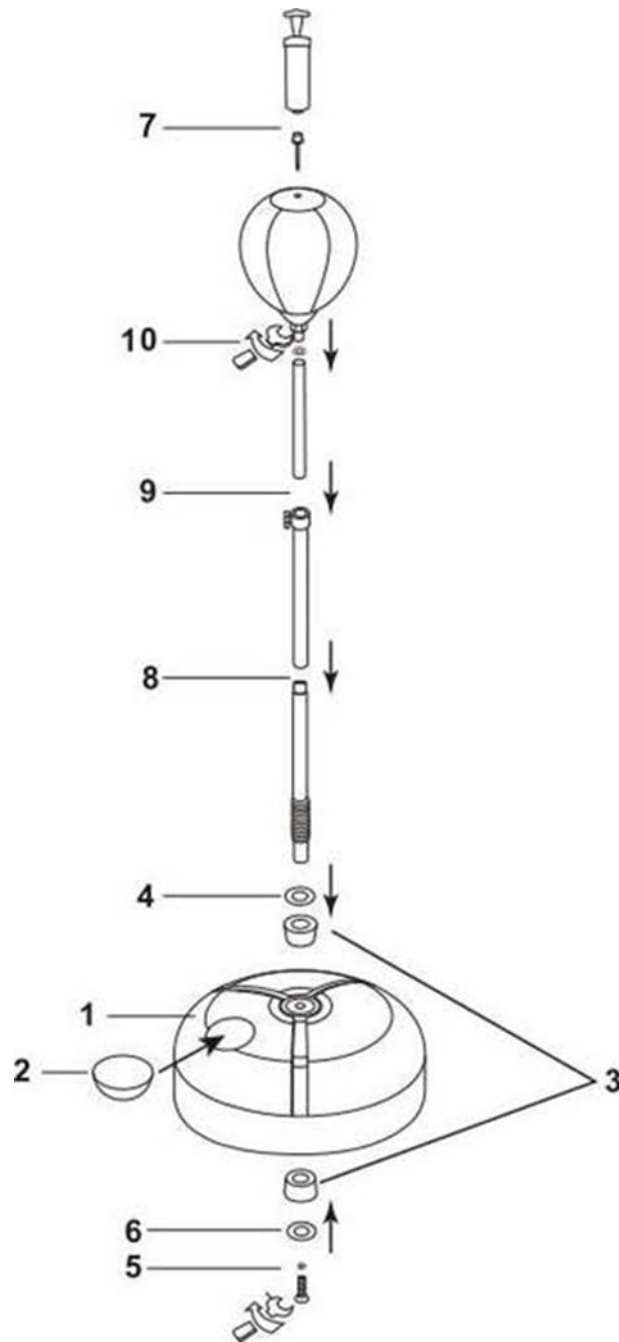
**Warning:**

For those who are not suitable to use this product, please consult your doctor before using this product if you have any of the following situations.

1. Those who are receiving medical treatment or are physically unfit
2. Patients with Malignant Tumor
3. Persons who are pregnant
4. Heart Disease Patients
5. Osteoporosis Patients

Assembly:

Follow the numbers on the diagram below for assembly.



Fill the base. Add 80% water to the base, too much water will cause spillage.

Remove the cap on the base to add the water. Add the cap into position after water has been added.

Remove the drain plug on the base underside to drain the water when required.



Add the support bars.

The telescopic tube can be adjusted to increase or decrease height. Loosen the screw. Find a suitable height, then add and tighten the screw.



Inflate the ball and attach it to the support bar.

Inflate the ball to 80% with an air pump, too much inflation will easily cause the ball to be stiff and cause hand pain during boxing. If the ball is inflated too much, please slightly deflate the ball. It can be inflated to 80% again when the sphere pressure is insufficient.




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