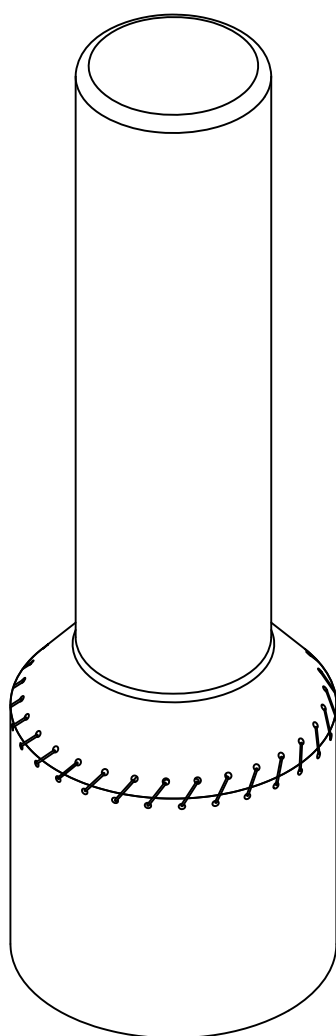


MASTER

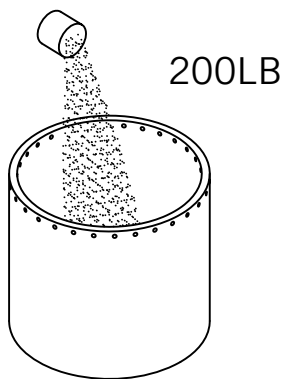
STANDING PUNCHING BAG

Artnr:68-501119

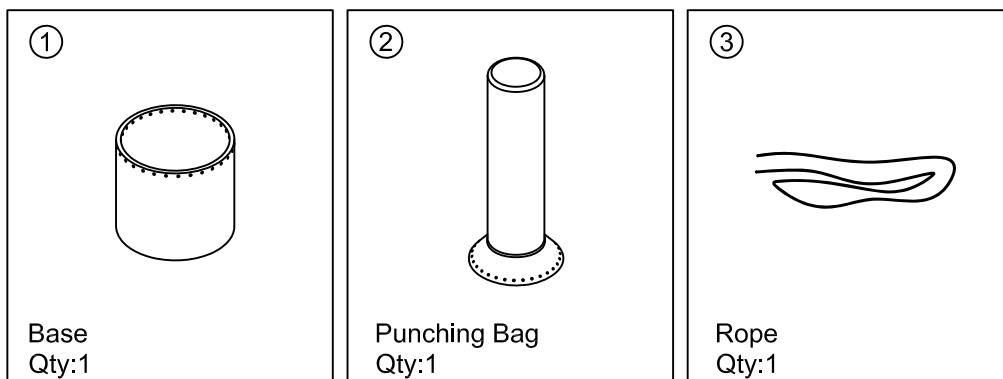


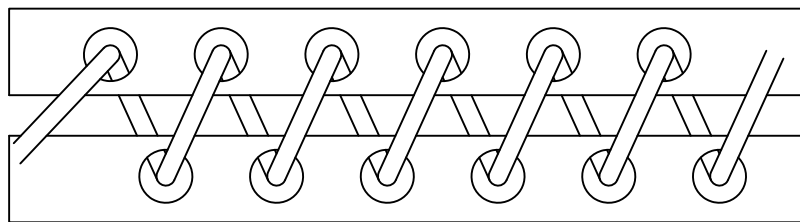
Maintenance and safe use of the punching bag

- When using the punch bag on should always wear padded gloves or mitts in order to avoid abrasions or other injury. Similar protection should be used for feet, arms and legs if the punch bag is used for kick-boxing or other similar sport. However, the punch bag should not be used for such activities without proper instructions.
- The punch bag will move when it is punched. It is therefore important to make sure that the bag is put in such a way that it will not hit walls or other items nearby. This must be done to avoid damage to the bag and to avoid that the bag causes damage to persons or animals when it is in use.
- Bottom Base can be filled with around 200LB dry sand.

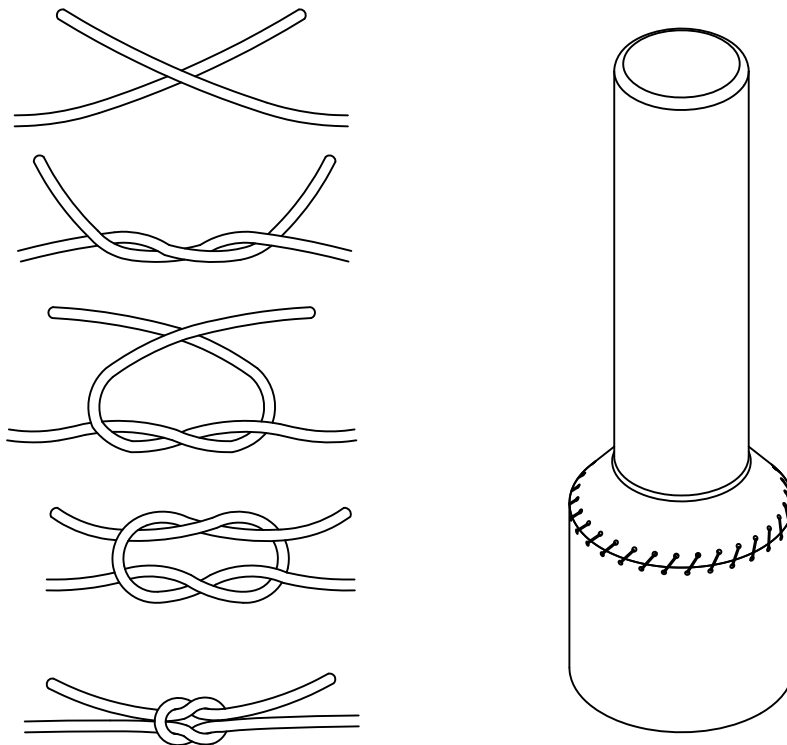


PARTS





- A. Put Punching Bag (2) onto Base (1).
- B. Pass the Rope (3) through Punching Bag (2) and Base (1).



- A. Tighten the rope and tie a knot.
- B. Put the knot inside the punching bag.