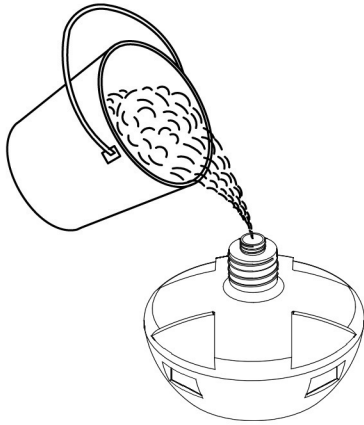


TITLE HYDRO-FLEX H2O BOUNCE BACK FREE STANDING HEAVY BAG

ASSEMBLY INSTRUCTIONS

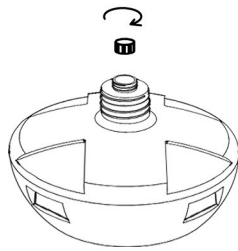
STEP-1

Fill the base with water, using a standard garden hose is best. If not, use a funnel to help keep water from splashing outside the fill hole. For increased stability or heavy hitters, fill half the base with sand, then top with water. The entire base can also be filled with sand for maximum stability.



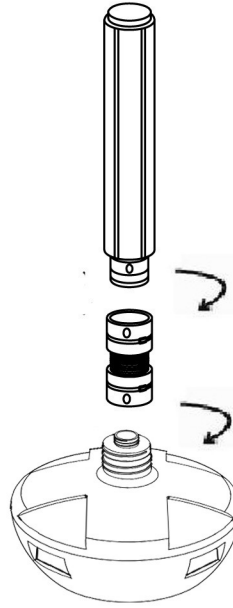
STEP-2

Replace and tighten the fill cap.



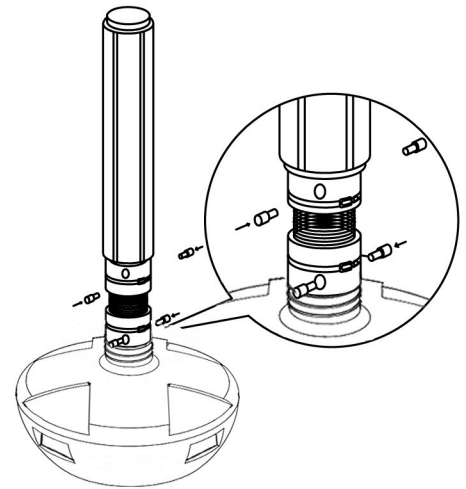
STEP-3

Attach the flexible rubber base attachment to the base, matching up the two holes on the attachment and base. Next attach the top center pole to the rubber base attachment, also matching the two holes on the bottom of the center pole and the top of the rubber base attachment.



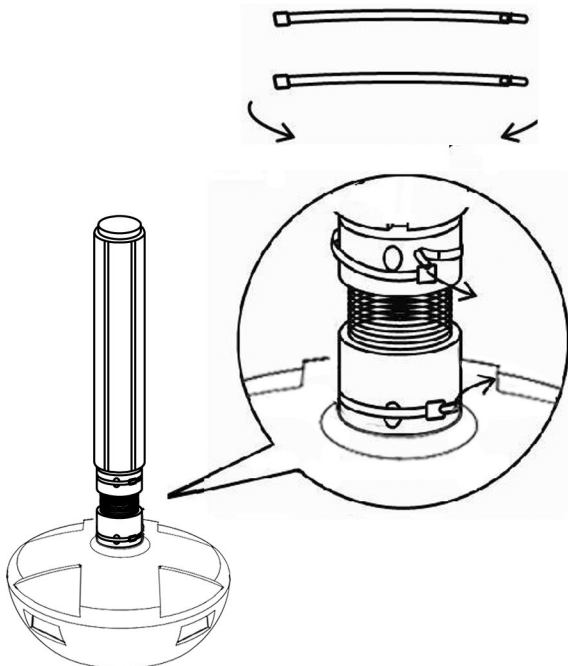
STEP-4

Secure the four holes – two on the top and two on the bottom -- of the flexible rubber base attachment with the four rubber plugs on opposite sides to keep it in place.



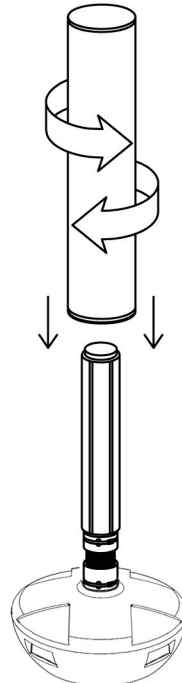
STEP-5

Cover the four holes with rubber plugs inserted with the two steel clamps, and secure.



STEP-6

Insert the bottom of the punching bag over the top center pole. Pull the bag down over the top center and twist it until it sits just above the base.



STEP-7

The bag is ready for use. Please note that the bag can be tilted so the base is at about a 45-degree angle, and easily rolled to and from the workout area, making it more portable, and keeping it out of the way when not in use.

