

PRO STYLE SPEED BAG SWIVEL INSTRUCTIONS

- 1. Remove the U-Clip on the side of the figure-8 hanging bottom attachment piece with needle nose pliers or a flathead screwdriver.
- With needle nose pliers grab one of the open ends of the U-Clip and gently pull away and raise to remove. If using a flathead screwdriver, insert the head sideways in between the opening of U-Clip – between the two round posts on the swivel -- and twist until the clip unfastens.
- 3. Pull the metal figure-8 piece off the two round posts on the swivel hanger and attach your Speed Bag from the top loop. Replace the metal figure-8 piece back onto the two posts and reattach the U-Clip with the needle pliers or flathead screwdriver. Make sure it is refastened and secured correctly before using.