

SPEED BAG & DOUBLE END BAG BLADDER REPLACEMENT INSTRUCTIONS

- 1. Unlace the Speed Bag or Double End Bag. Reach in with your hand and pull the defective bladder so the bag is nearly inside out.
- 2. Pull the defective bladder away from the bag. There is usually some rubber cement or adhesive around the valve, holding the bladder in place. Pull the old bladder away from the bag and dispose.
- 3. Take the new bladder and apply a small amount of rubber cement around the air valve area. Be careful not to get any rubber cement in the valve opening.

- 4. Press the new bladder back into the hole of the Speed Bag or Double End Bag, with the air valve extending out. Press down for a minute or two until the bladder is firmly secured by the rubber cement. Note: Sometimes the outside air valve hole in Speed Bags and Double End Bags can recede in size over time. It's a natural occurrence. If you're having trouble getting the new bladder air valve through your current bag opening, simply get a pencil or pen that is slightly larger in diameter, stick it through the round opening hole in the bag and gently rotate, which will increase the hole opening diameter, and allow the new air valve on the replacement bladder to protrude through.
- 5. Carefully tuck the newly installed bladder back into the Speed Bag or Double End Bag. Re-lace the bag. Pump the bag back up with air until firm, but not hard. You should be able to press your thumbs down slightly into the bag after filling correctly. Too much air is damaging to the bag, causes wear on the seams and stitching, and can cause the bag to be oblong and out of round.

NOTE: The replacement bladder may be slightly smaller or larger than your original bag bladder. Don't worry, the new bladder will work in your bag perfectly. Sometimes the bag may seem to be a little out of round or not true after installing a new bladder. Make sure the bag is filled with air only until firm, not hard. With a little use your Speed Bag or Double End Bag will almost always true up and round.