

## 1. How to inflate the speed ball

1. Take out the hand pump enclosed in the package. Move the cover from the back of pump handle. Take out the ball pin (10) from inside of pump handle.
2. Insert ball pin (10) into the front of pump.
3. Insert the ball pin (10) into air mouth of the speed ball (9). Inflate the ball.

## 2. How to install the weight base

1. As the Figure shown, take out the bottom pole (7). Put the metal washer (5) and plastic washer (2) onto the bottom of the pole (7).
2. Insert the bottom pole (7) to the weight base (1).
3. Take out the bolt (6). Put the spring washer (13), metal washer (4) and plastic washer (2) onto the bolt (6).
4. One hand hold up the bottom pole (7) and the weight base (1) as picture shown.
5. Insert the bolt (6) into the pole (7) end from the bottom of the weight base (1). Tighten the bolt (6).

## 3. How to install top pole and adjust pole to the desired height

1. Loosen the fixing clamp (14). Using the Allen Wrench (15) included in the package.
2. Put the top pole (8) into the bottom pole (7) and adjust the height to desired height (can be adjusted from 80-110 cm).
3. Tighten the fixing clamp (14) using the Allen Wrench (15).

## 4. How to install the speed ball onto the pole

1. Take out the above inflated speed ball (9). Put the spring washer (13) onto the bolt at the bottom.
2. Insert the ball bolt into the top pole (8).
3. Rotate the ball clockwise, the bolt will go into the top pole (8).
4. Use the spanner (12) to rotate the nut (11) to tighten the ball (9) and pole (8).

## 5. How to fill the water or sand into the weight base

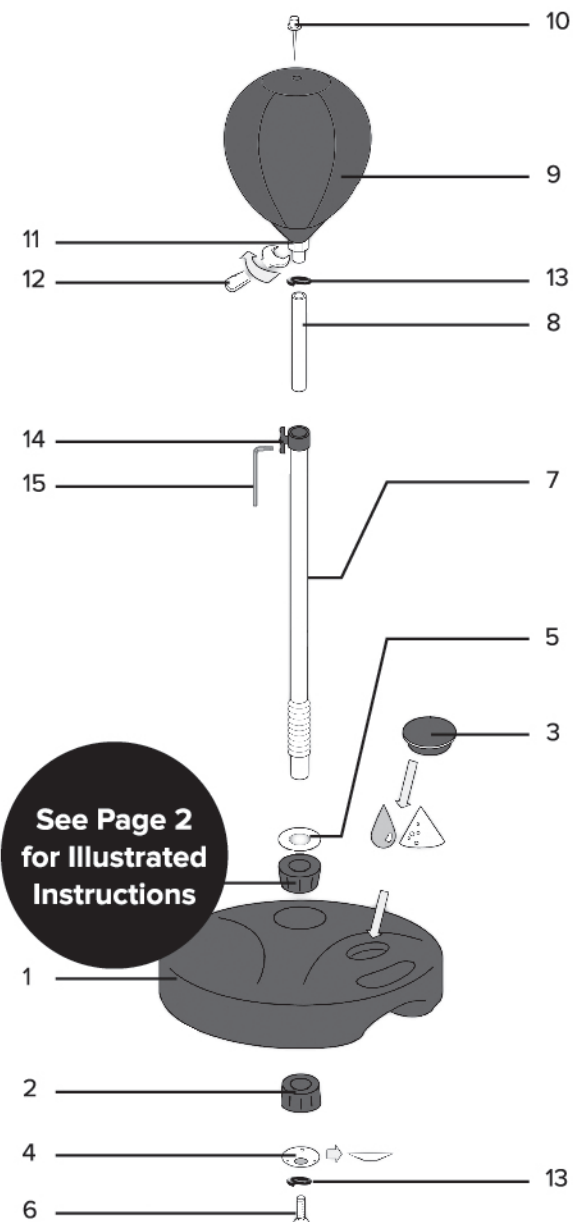
1. Remove the cover (3).
2. Fill with water or sand.
3. Replace cover back onto the base (3).

## 6. How to deflate the speed ball:

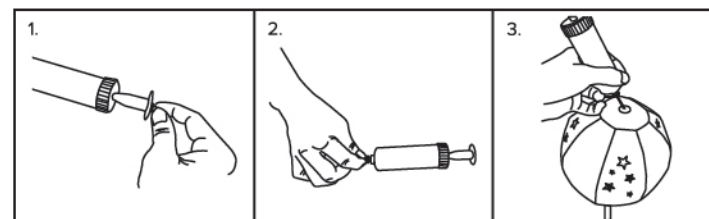
1. Remove the ball pin (10) from the pump.
2. Insert the ball pin (10) into the air mouth of the speed ball (9) while applying a little pressure to the speed ball (9).
3. When air begins to escape from the speed ball (9) through the ball pin (10) keep applying pressure until the speed ball (9) is completely deflated.
4. Remove the ball pin (10) from the speed ball (9) after deflation.

### NSG Boxing Part List:

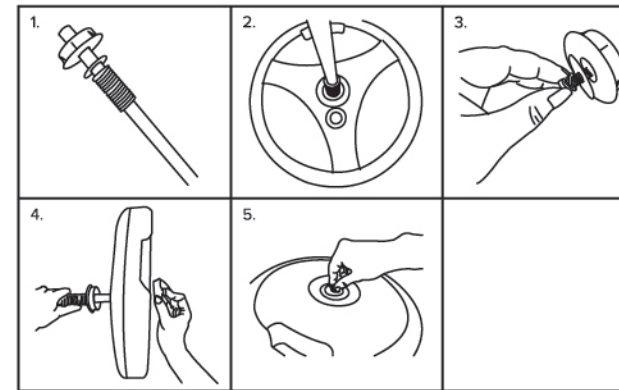
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|------------------------|--------------------------|
| 1. Plastic Weight Base | 9. Inflatable Speed Ball |
| 2. Plastic washer      | 10. Ball Pin             |
| 3. Cover over filter   | 11. Nut                  |
| 4. Metal Washer-Bottom | 12. Spanner              |
| 5. Metal Washer-Top    | 13. Spring Washer        |
| 6. Bolt                | 14. Fixing Clamp         |
| 7. Bottom Pole         | 15. Allen Wrench         |
| 8. Top Pole            |                          |



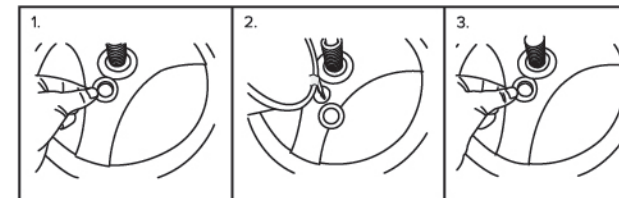
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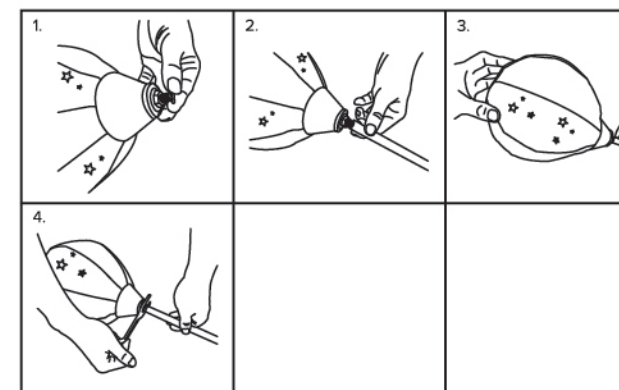
### 2. How to install the weight base



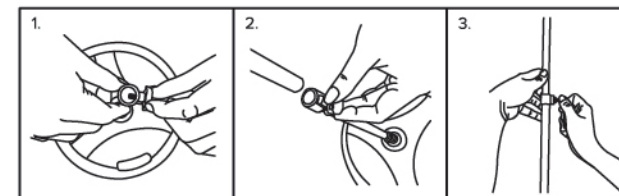
### 3. How to install top pole and adjust pole to the desired height



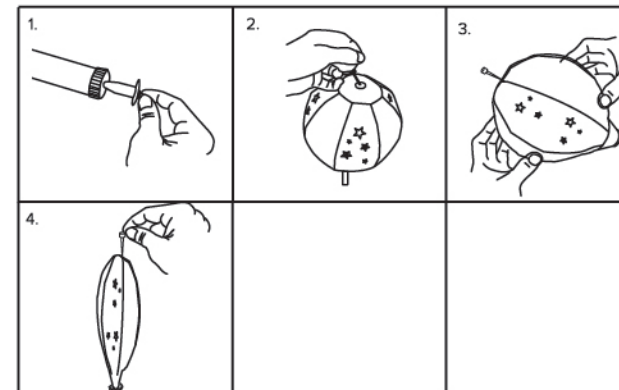
### 4. How to install the speed ball onto the pole



### 5. How to fill water or sand into the weight base



### 6. How to deflate the speed ball:



**WARNING: Adult assembly required.**