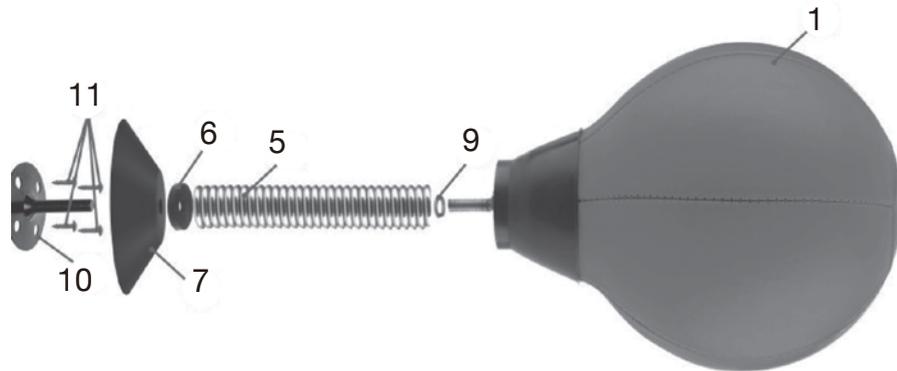


INSTALLATION:**Wall**

1. Screw the wall mount base securely into a wall using the four screws provided. Make sure the wall can handle both the weight of the set and the force applied during workouts.
2. Place the plastic cap over the base with the bolt through the hole.
3. Place the rubber washer over the cap and bolt.
4. Screw the spring into the bolt.
5. Place the spring washer at the top of the spring and screw the punching ball into the spring.

**WARNINGS:**

- Make sure the set is fully secure before hitting the ball.
- Only use the set in areas that are clear of obstacles, objects, and other people. Do not use near anything valuable in case the ball or set comes loose.
- The suction cup is designed to stick to flat clean surfaces. Any dirt or variations in the surface can affect how well the cup sticks.

Instruction Manual

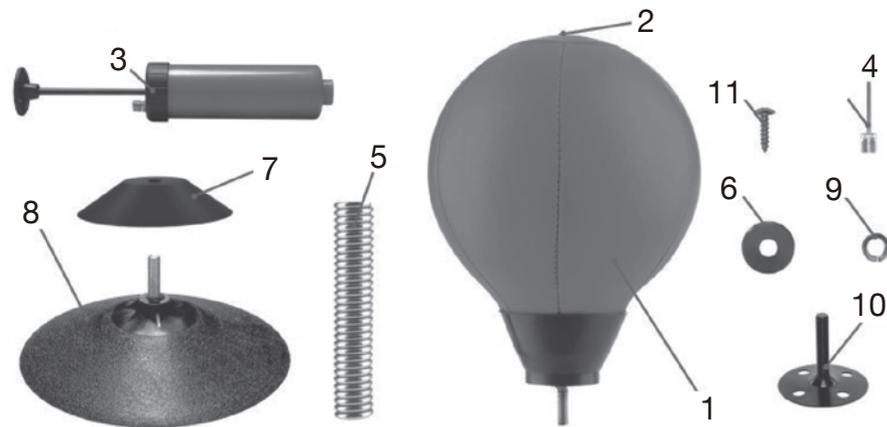
DESKTOP PUNCHING BALL
**OFFICE
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PARTS:



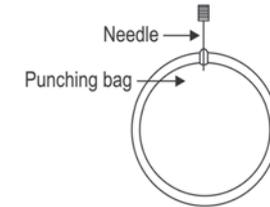
Parts:

- | | |
|-------------------|---------------------|
| 1. Punching ball | 7. Plastic cap |
| 2. Air hole | 8. Suction cup base |
| 3. Inflation pump | 9. Spring washer |
| 4. Pump needle | 10. Wall mount base |
| 5. Spring | 11. Screws |
| 6. Rubber washer | |

INSTALLATION:

Inflate the punching bag using the inflation pump and pump needle.

IMPORTANT: This punching bag is constructed with an inner bladder beneath the surface. When inflating the punching bag, use care when inserting the needle. Wet it first and then insert it GENTLY into the air hole taking care not to puncture the inner bladder.



Desktop

1. Stick the suction cup base to a flat and clean surface making sure it sticks.
2. Place the plastic cap over the base with the bolt through the hole.
3. Place the rubber washer over the cap and bolt.
4. Screw the spring onto the bolt.
5. Place the spring washer at the top of the spring and screw the punching ball into the spring.

