

Instruction Manual

HEAVY-DUTY ALL-IN-ONE BOXING SET™



Read through this entire instruction manual BEFORE using **Heavy-Duty All-in-one Boxing Set**. We're dedicated to bringing you well-designed products that make living fun and easy. We stand behind all our products and warrant this to be free from defects in workmanship and materials.

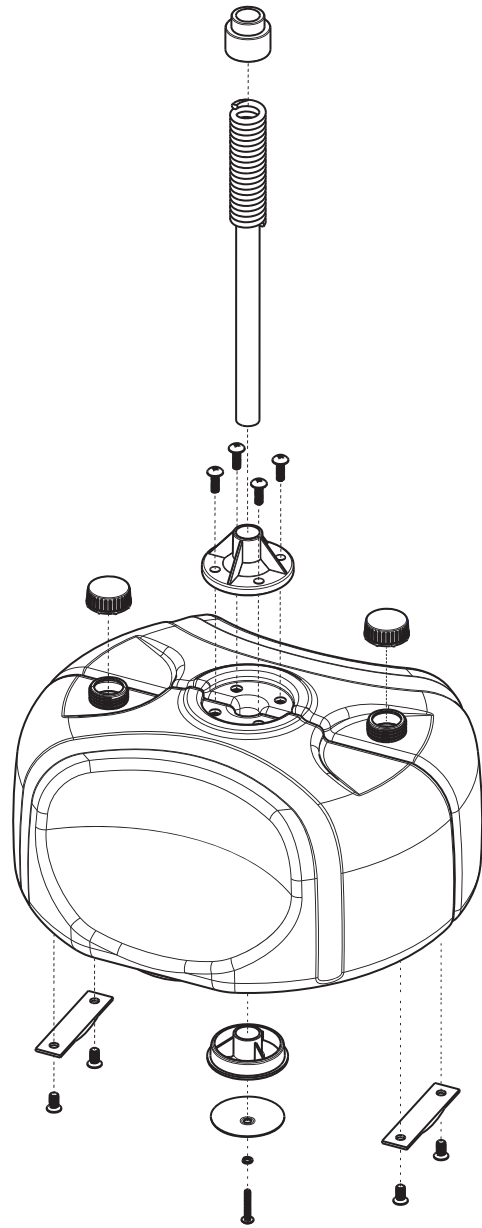
For service claims or questions please consult our website **ProtocolDesign.com**.

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.
- Be aware that any exercise involving physical contact may result in injury.

INSTALLATION:

1. Assemble the base as shown in the diagram.



2. Assemble the set as shown in the diagram to the right.

* Slide the foam cover on the tube first and push down past the holes. Place the punching ball onto tube and screw in place. Slide the foam cover back up over the screws.

3. Remove caps and fill the base with sand or water. Replace the caps.

