

Assembly Instructions for The Trainer

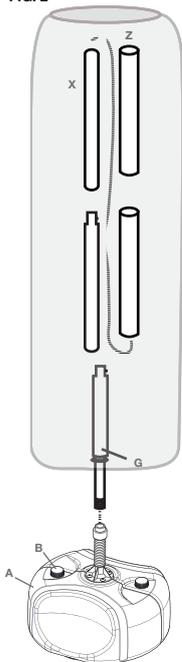
Read through this entire instruction manual **BEFORE** using The Trainer.

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 1 year from the date of purchase.

For service claims or questions please consult our website ProtocolIN.com.



FIG. 2

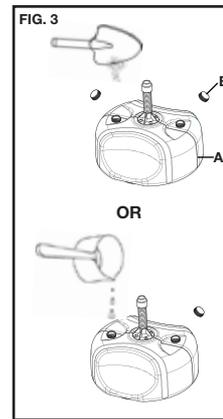
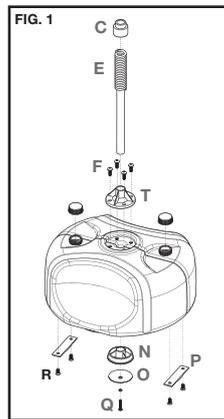


BASE

1. (See Fig.1) Tighten the cover (C) onto the spring (E). Attach the spring (E) to the top of the two parts of base (A) using the triangle model (T) and the 4 long silver screws (F).
2. (See Fig. 1) Turn the base upside down. Insert the plastic model (N) into the hole of the base from underneath. Place the circular plate (O) over the model with the curve facing up. Tighten these parts together by screwing in the black screw (Q).
3. (See Fig. 1) Place the 2 rectangular plates (P) on both sides of the base where the 4 holes are located and screw in 2 of the short silver screws (R) on each side.

BODY

1. (See Fig. 2) Slide the 2 metal tubes (X) over the half metal tube (G) making sure the pieces lock together.
2. (See Fig. 2) Slide the three foam tubes (Z) over the metal tubes (G and X).
3. Using the included pump, inflate the punching bag until it is half full. Then carefully slide the punching bag over the tubes. Once the bag is fitted onto the tubes, finishing inflating the bag.
4. (See Fig. 2) Screw the punching bag assembly onto the cover (C) and spring (E).



FILLING THE BASE

1. Once you have completed the assembly of the base and body, you can fill the base with sand or water. Make sure you have The Trainer in a desirable location before filling the base. Once the base is filled, the entire unit becomes very heavy and hard to move.
2. (See Fig. 3) Open the caps (B) on the base (A) and fill with water or sand. Make sure to close the caps securely once you have finished.

*** **WARNING:** This item is not a toy. Please do not allow children to use it without adult supervision. Similarly, before allowing people unfamiliar with such items to use it, instruct them on the basics. The user must accept full responsibility for the safe and proper assembly and use of all equipment. Before each and every use, make sure that the equipment is in good condition and that all parts are properly fastened and secure.