



AP15, AP35, AP75, AP120 and AP190

Installation and Safety Instructions

PREPARATION:

You will need the following materials

- Sweeper Nozzle (included)
- 1/2" eye bolt with nut and washer or 1/2" eye lag screw
- Optional hanging kit available on our website.

PLACEMENT AND INSTALLATION:

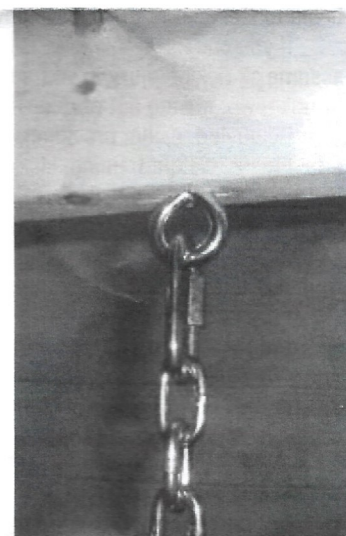
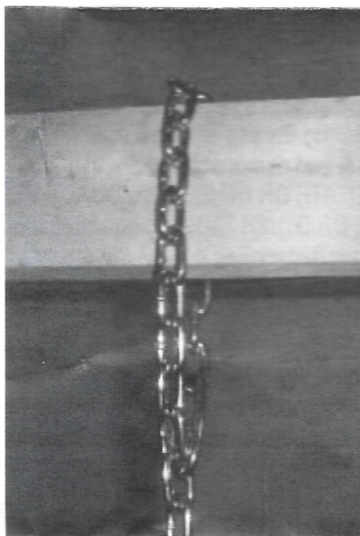
TO EASE INSTALLATION, HANG THE AQUA BAG BEFORE FILLING WITH WATER!

Pick a good location for your Aqua bag. You must hang it in a place that is both free of obstacles and stable enough to support the bag. You want a minimum of 5 feet all around your bag so you have enough room to work the bag. The Aqua bag can create vibration through the support beam when in use. If inside a home the noise and vibration can become annoying to others. The vibration may also cause cracks in drywall over a period of time. Installing the bag in a garage or outbuilding is a good idea.

Hang the bag from a sturdy, overhead support beam or on a free-standing heavy bag rack, for which the floor must also be strong enough to hold the weight. **Make sure the overhead beam can hold no less than four times the weight of the Aqua Bag you have.** When filled with water, the AP15 will weigh approx. 15 lbs., AP35 approx. 35 lbs., AP75 approx. 75 lbs., AP120 approx. 120 lbs., and the AP190 will weigh approx. 190 lbs.

Overhead beam attachment:

- Option 1) Loop the chain around the beam and attach with quick link.
- Option 2) Eye bolt - Drill a 1/2" hole through the beam and insert an eye bolt through the drilled hole. Tighten the eye bolt by first sliding a washer over the top and then using a wrench to secure the nut.
- Option 3) Eye lag screw- Drill a hole 1/8" smaller than the lag thread diameter through the beam and screw the eye bolt into the drilled hole. Put the handle of a wrench or screwdriver through the eye to increase leverage to screw the eye completely into the beam.



Attach the chain and swivel combination to the eye bolt using a quick connecting link. Attach the shackle to the Aqua Bag by removing the screw pin and pushing the shackle down around the heavy plastic eye at the top of the bag. The shackle may fit tight and require tapping into position using a rubber mallet or hammer. Replace the screw pin in the shackle. Secure the bag by attaching the shackle to the hanging end of the chain with a quick connecting link.

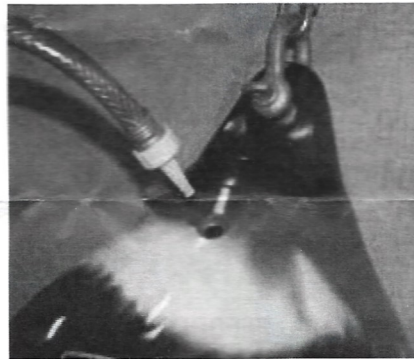
HANGING HEIGHT:

The Aqua Training Bag should resemble an opponent and therefore the top of the bag should be approximately the height of your own head. Height can be adjusted as desired depending on training style. The length of the chain can be shortened by reducing the amount of links between the eye and the shackle. (For high ceiling installations, additional chain may be required) The Aqua Head Hunter Bag can be hung at various heights depending on your training regiment.

FILLING:

NOTE: HANG THE AQUA BAG BEFORE FILLING WITH WATER!

Make sure the bag is at room temperature before filling. A cold bag will resist expansion making it more difficult to fill with water. It is also helpful (but not required) to inflate the bag with air to expand the cavity before filling with water. Remove the fill plug from the Aqua Training Bag using a #2 Phillips head screw driver. Attach the sweeper nozzle to a garden hose. Insert the end of the nozzle into the fill hole and slowly turn on the water to fill the bag. Do not hold the nozzle too tight to the opening as air must be allowed to escape through the same passageway as it fills. Shut off the water supply as soon as the water reaches the top. Insert the screw plug and tighten.



SAFETY

DO NOT PUNCH THE AQUA BAG BARE-HANDED!

Repeatedly striking the Aqua bag bare fisted may result in injury. Wraps or padded gloves that support the hand and wrist area are recommended. Hand protection will help prevent sore knuckles, abrasions to the fingers and injury to the wrists. Hand protection will allow the user to train with better intensity.

Assumption of the Risk

AquaTrainingBag.com strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. As with any exercise program, if at any point during your workout you believe conditions to be unsafe or begin to feel faint or dizzy, have physical discomfort, or pain, you should stop immediately and consult a physician.

If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge AquaTrainingBag.com from any and all claims or causes of action, known or unknown, arising out of AquaTrainingBag.com's negligence.

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