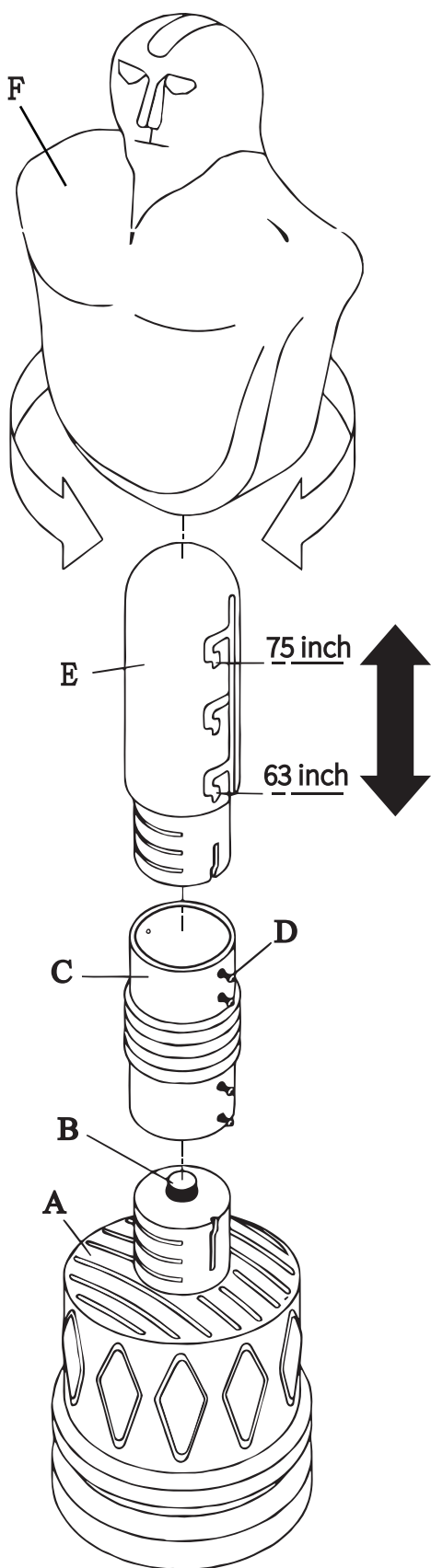


OVER VIEW CHART



HEAVYT TRAINING BOXING AID ASSEMBLY INSTRUCTIONS

FEATURE:

1. Free standing, no chains or hanger required.
2. Water-filled base provides excellent stability.
3. Pressurized bag stem for optimal resistance.
4. Flexible polyurethane construction allows for quick rebound.

INSTRUCTIONS

Step 1. Open the Cap (B) on the Base (A) fills the Base (A) with Water or Sand.

Then close the Cap (B) as shown in Figure A & Figure B

Step 2. Attach Elasticity (C) to the Base (A), and tighten them with eight Bolts (D) and attach stretch form (E) to Elasticity (C) with same way as shown in Overview Chart.

Step 3. You can adjust the PU Man (F) from 63" to 75" by the direction on the Overview Chart.

Step 4. If you want to release the water, just open the cap (on the top of the Base). You can fill the base with sand or water

Water 110 kgs.

Sand 130 kgs.

- ※ Do not use Boxing stand by the hand with other things. (ex: Ring)
- ※ Do not use Boxing stand by the Sports shoes or Boxing shoes with other things.

FIGURE A

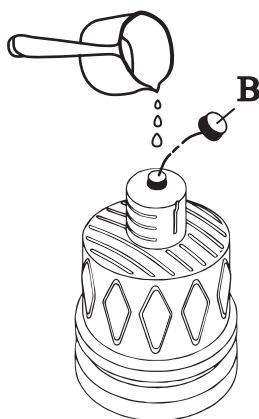


FIGURE B

