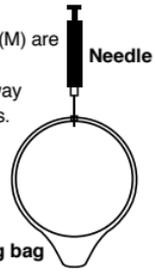
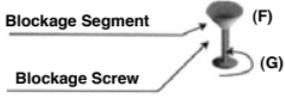
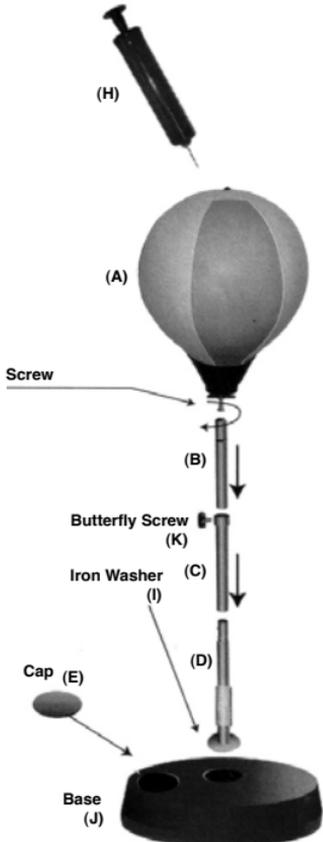
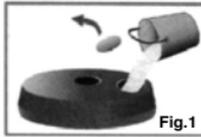
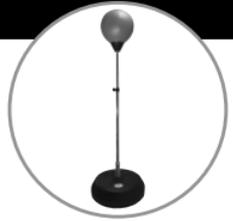


Assembly Instructions for Ultimate Training Set



1. Remove the cap (E). Fill the base (J) with water or sand and then replace the cap (Fig. 1).
2. Place the blockage segment (F) over the hole on the bottom of the base. Insert the blockage screw (G) into the hole.
3. Place the large iron washer (I) over the hole at the top of the base and insert the lower section (D) into the base and on top of the blockage screw and turn until completely tightened.
4. Press in the button at the top of section D and push the middle section (C) into place. Adjust so that the location hole fits over the button. The button should pop back out to lock section C into place.
5. Insert the upper section (B) into section C and set to the desired height. Use the butterfly screw (K) to fix section B into place.
6. Inflate the punching bag using the pump (H) provided, then screw into position at the top of section B. ***SEE FURTHER INSTRUCTIONS ON INFLATING THE PUNCHING BAG.
7. Unscrew the cap on each barbell (N) and fill with water or sand to desired weight.
8. Padded boxing gloves (L) and a jump rope (M) are provided.
9. Use this product in a safe place which is away from obstacles, breakables or other hazards.

*** 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