6' FITNESS FREESTANDING BAG

1. Check all parts. Do not discard packaging material until all parts are identified.

   Box 1 of 2 contains the FOAM PAD, OUTER TUBE and an INNER TUBE.

   Box 2 of 2 contains the BASE, which has a CAP, four BOLTS and four WASHERS.

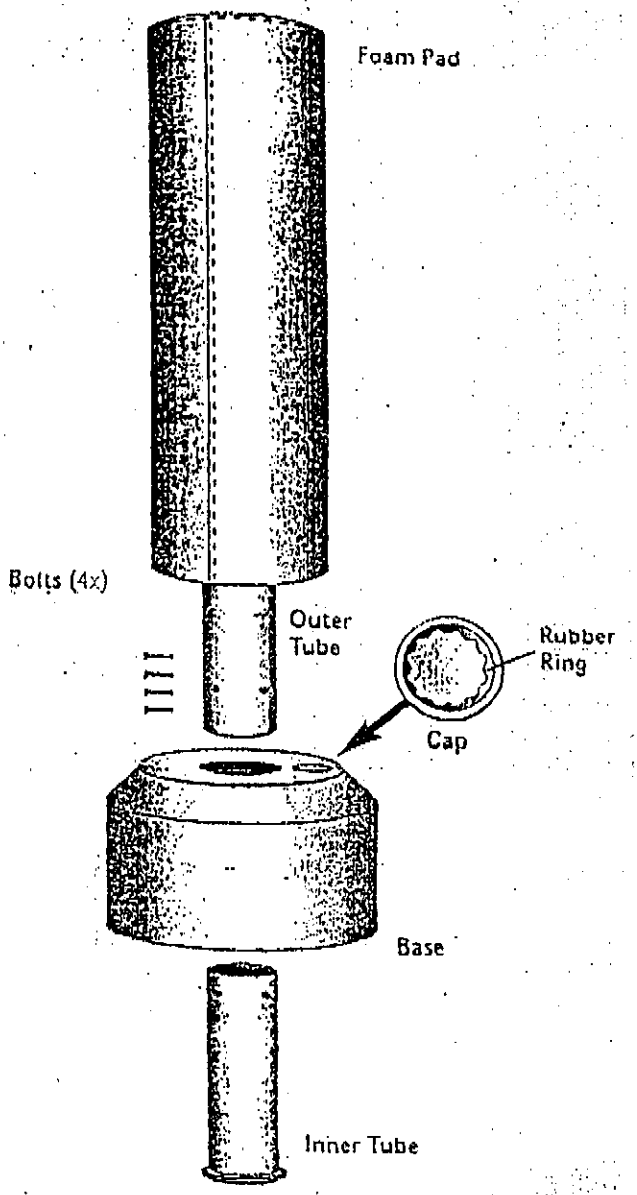
2. Pull Outer Tube to expose four holes, which need to be about an inch or so away from the FOAM PAD. An effective position to do this is to push your feet against the FOAM PAD while pulling on the outer tube.

3. Place INNER TUBE inside the doughnut shaped BASE from the bottom.

4. Place the OUTER TUBE over the INNER TUBE. Join the two by fastening the fours BOLTS and WASHERS around the tubes.

5. Examine the CAP. Make sure its rubber seal ring lies perfectly flat against the top.

6. Fill the BASE with either water or dry, fine grain sand. Replace CAP tightly. Change the water once every three months.



PARTS LIST:
Foam Pad
Outer Tube
Inner Tube
Base with Cap
Bolts/Washers (4x)

The Fit Kick Bag will have the following weight when its base is filled with either water or sand:
Water: 249 Lbs Sand: 300 Lbs