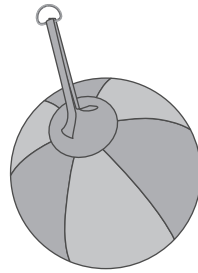


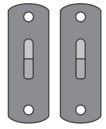
Letter	Name	QTY
A	Speed bag	1
B	Bungies	2
C	Bungie anchors	2



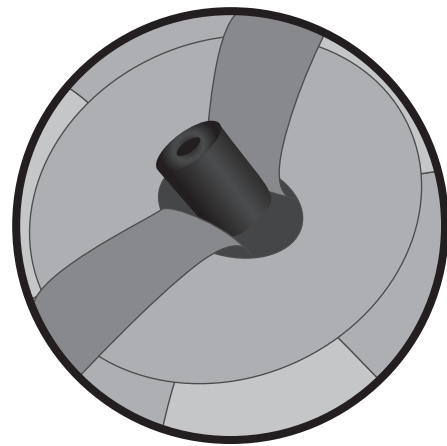
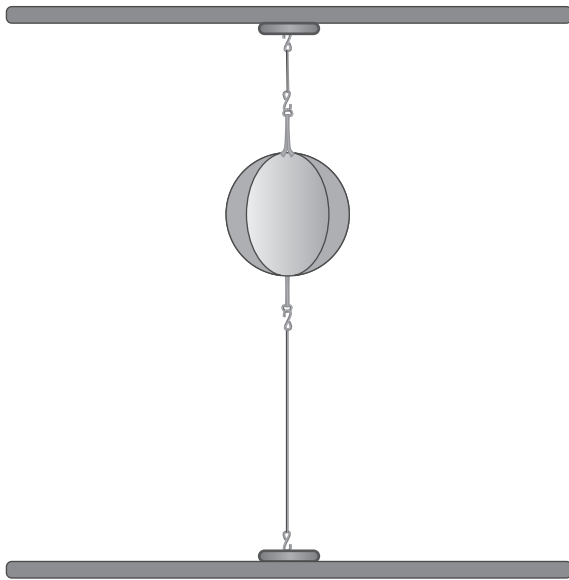
A



B



C



Setup Instructions:

- Attach anchors to the ceiling and floor one below the other.
- Hook the bungies onto each anchor and stretch until they reach the speedball.
- Once your speedbag is attached on each end you are ready to begin use.
- Bladder can be removed/ replaced by unzipping the top and pull it out.
- Use an air pump to fill the removable bladder from the bottom of the speedbag.

Use Instructions:

- The idea of the double end speed bag is to train your rhythm, accuracy, and timing on your punches.
- The bag moves faster the harder you hit it, so begin with soft punches to get started and build up once you're comfortable.
- The bag moves a lot so it is good for increasing speed and reaction time.
- While throwing punches you can shuffle around to work on movement and spacing.

THANK YOU FOR YOUR PURCHASE.

WE VALUE OUR CUSTOMERS AND WANT TO BE SURE YOU ARE SATISFIED WITH YOUR PRODUCT.

IF YOU HAVE ANY QUESTIONS OR CONCERNS OR YOU ARE NOT COMPLETELY SATISFIED, PLEASE CONTACT OUR OFFICE AT 1-800-906-1639.