



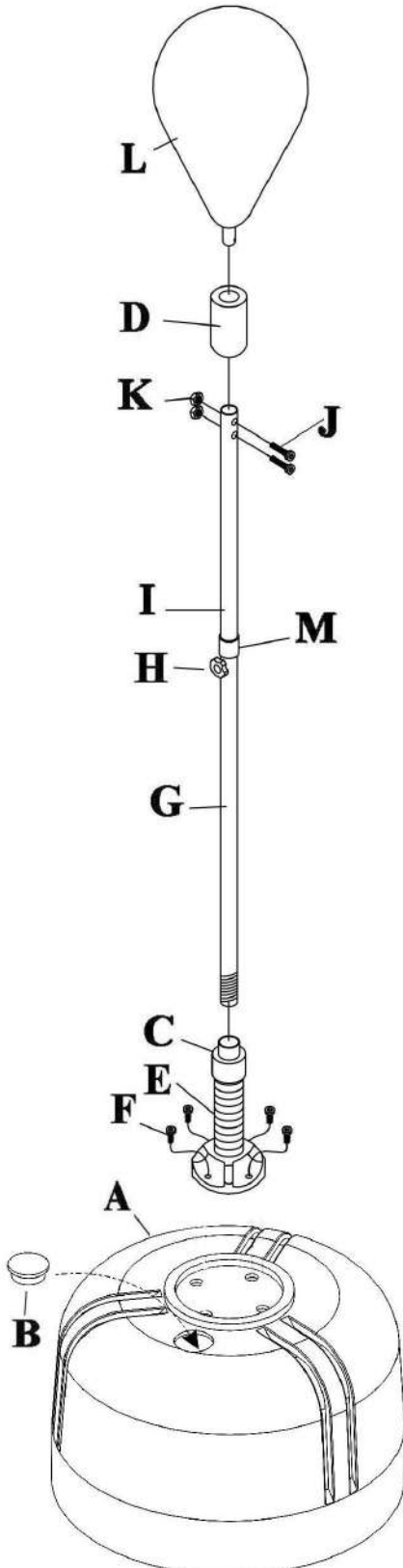
HIT BOXING

# Adjustable boxing speed ball

## Assembly Instructions

Item No.: HIT00918

### OVERVIEW CHART



**STEP 1.** Open the Cap (B) on the Base (A) with Water or Sand. Then close the Cap (B) as shown in Figure A & B.

**STEP 2.** Move the Cover (C) first. Then fix the Elasticity (E) to the top of the Base (A) with four Screws (F), remove the Cover (C) to the top of the Elasticity (E) as shown in Overview Chart.

**STEP 3.** Slide the Foam (D) to the top of the Inner Adjustable Tube (I) first, And then install the Inner Adjustable Tube (I) into The Lower Tube (G) with Knob (H) to adjust the Height with Knob (H) as shown in Overview Chart.

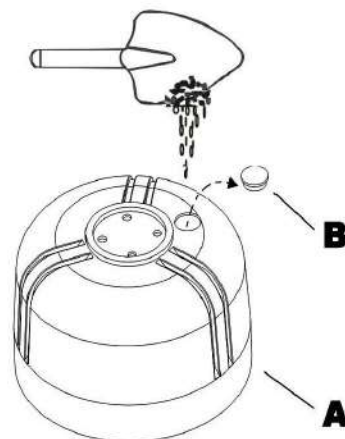
**STEP 4.** Slide the Pull Ball (L) to the Inner Adjustable Tube (I) from the top with Screw (J) and Nut (K) tighten as shown Overview Chart

#### ※ Warning:

Wear boxing gloves or hand wraps while punching the speedball.

If use bare fist, make sure rings and other sharp objects are taken off.

**FIGURE A**



**FIGURE B**

