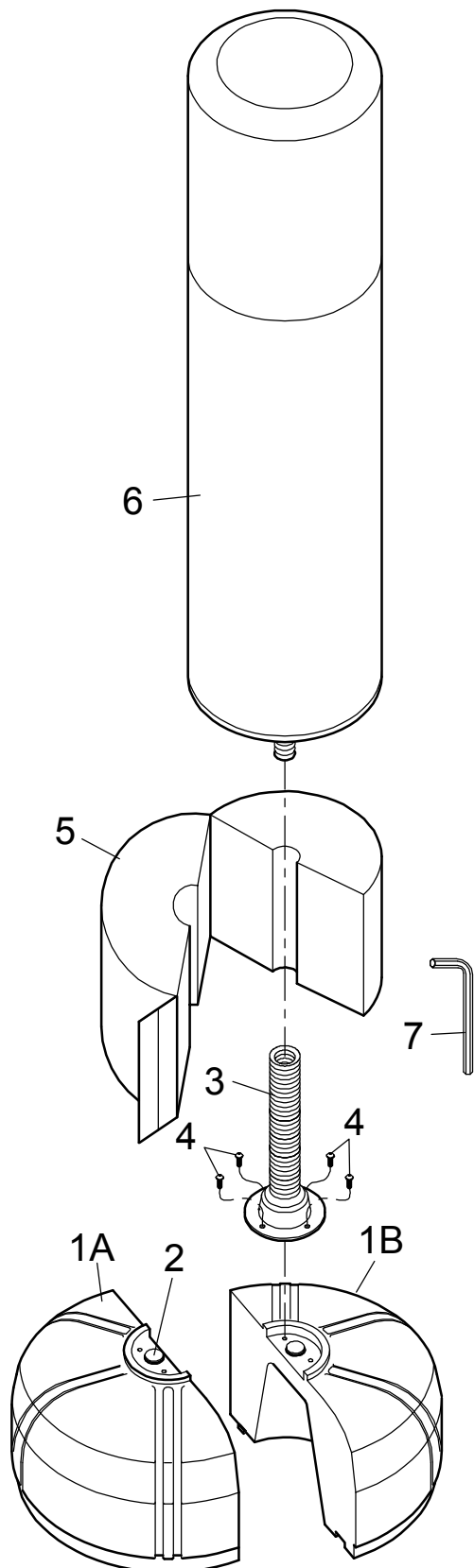
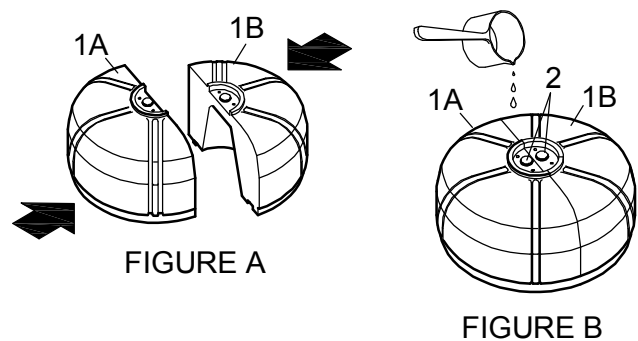


**OVERVIEW CHART****PARTS LIST**

<u>No.</u>	<u>Description</u>	<u>Q'ty</u>
1A	Base-A	1
1B	Base-B	1
2	Rubber Cap	2
3	Spring	1
4	Bolt 3/8" in x 16 mm.	4
5	Protective Sleeve	1
6	Boxing Aid	1
7	Allen Wrench M8 x 65.3 mm.	1

**ASSEMBLY & INSTRUCTIONS****Step 1.**

To assemble the Bases (1A&1B) as shown in Figure A. Re-move the Caps (2) on the Bases (1A & AB) fills the Base and with Water. Then re-close the Caps (2) as shown in Figure B.

**Step 2.**

Attach the Spring (3) to the top end of the holes at Bases (1A & 1B) with four Bolts 3/8" in x 16 mm. (4) to assemble. This steps to use Allen wrench M8 x 65.3 mm (7).

**Step 3.**

Assemble the Boxing Aid (6) to the Connect elbow (pre-assembled from the top of the Spring (3)) as shown in Overview Chart.

**Step 4.**

Finally, assemble the Protective Sleeve (5) beneath the periphery of the Spring, now make sure a complete.

**CAUTION:**

- ※ Do not use Boxing stand by the hand with other things.
- ※ Do not use Boxing stand by the Sports shoes or Boxing shoes with other things.