

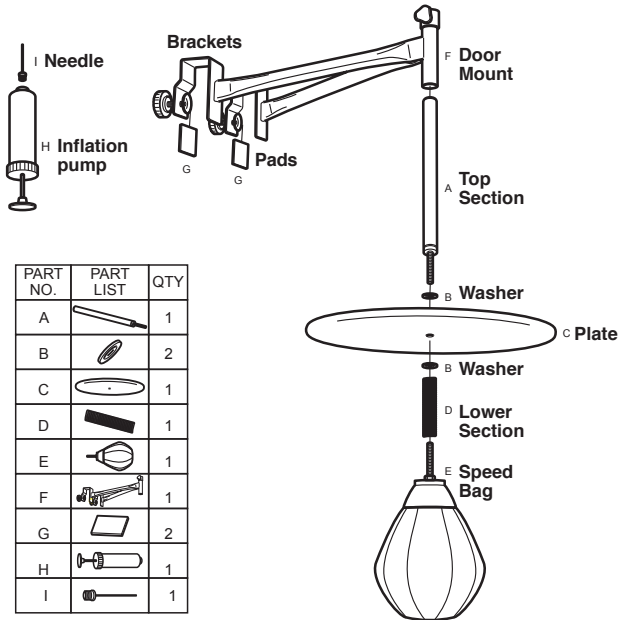
8582-1F_Door Mountable Speed Bag_IM










Instruction Manual for Door Mountable Speed Bag

Read through this entire instruction manual BEFORE using your **Door Mountable Speed Bag**.

We're dedicated to bringing you well-designed products that make living fun and easy. We stand behind all our products and warrant this to be free from defects in workmanship and materials for 90 days from the date of purchase.

For service claims or questions, please consult our website ProtocolNY.com.



| PART NO. | PART LIST | QTY |
|----------|---|-----|
| A |  | 1 |
| B |  | 2 |
| C |  | 1 |
| D |  | 1 |
| E |  | 1 |
| F |  | 1 |
| G |  | 2 |
| H |  | 1 |
| I |  | 1 |

1. Inflate the speed bag (E) using the provided needle (I) and inflation pump (H).
2. Insert the top section (A) into the plate (C) making sure to place the washers (B) on either side of the hole in the plate.
3. Screw the lower section (D) into the top section (A).
4. Hang the door mount (F) over the top of the door using the two attached brackets. Before tightening the attached screws, hold the included pads (G) in place so the screws do not scratch the door.
5. Slide the top section (A) into the door mount (F) and tighten using the attached screw.
6. Screw the speed bag (E) into the lower section (D).

** This speed bag is constructed with an inner bladder beneath the surface. When inflating the speed 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.

