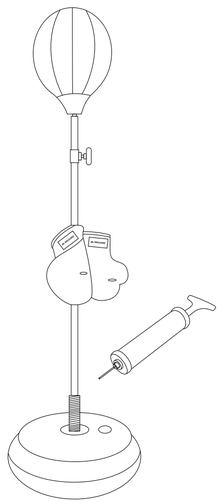
印刷：单黑双面印刷　　材质：105g铜版纸　　尺寸：148.5*210mm　折页方式：风琴折

User Manual



Boxing speed ball

Model: CDQ-KLB002

Introduction

Thank you for purchasing the boxing speed ball. Please read this user manual carefully and keep it in a safe place for future reference. If you need any assistance, please contact our support team with your product model number and Amazon order number.

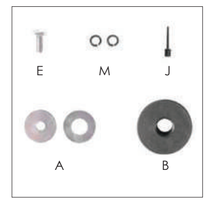
Product Specifications

Name	Boxing speed ball
Model	CDQ-KLB002
Gross Weight	6.8 lbs
Net Weight	5.5 lbs
Product Dimensions	17.7*11.8*49-56 inches(height adjustable)
Package Dimensions	17.3*5.3*20.5 inches

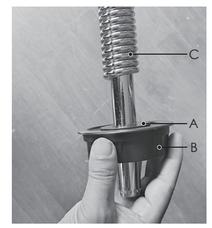
Important Safety Precautions

- Before beginning any exercise program, consult your personal physician. Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.
- Make sure that the equipment(s) are set up and operated on a solid level surface.
- DO NOT install or use the equipment on an uneven surface.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- Make sure there are enough room for access and operate the equipment(s) safely.
- Inspect and maintain the equipment(s) regularly.
- Replace the worn or damaged parts / components immediately to ensure safety.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Remove all jewelry, including rings, chains and pins before commencing exercise.
- Always wear suitable clothing and footwear during exercise. Do NOT wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.
- Rest adequately between workouts. Muscles tone and develop during these rest periods.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.

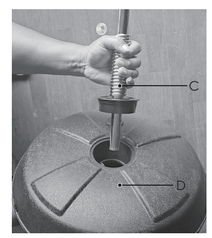
Assembly Instructions



M	Screw washer	2pcs
J	Needle	1pcs
E	Screw	1pcs
A	Flat washer	2pcs
B	Buffer gasket	2pcs



1. Connect flat washer（A）and plastic buffer gasket（B）with main steel tube（C）.



2. Insert into the base（D）.

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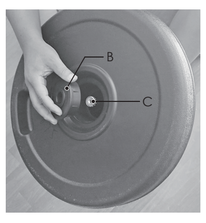
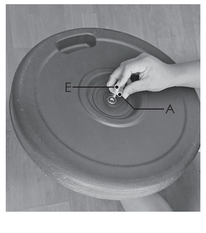
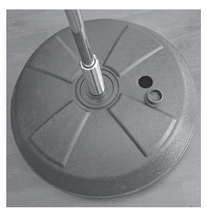


3. Connect another plastic buffer gasket（B）with main steel tube（C）on the reverse side of base.

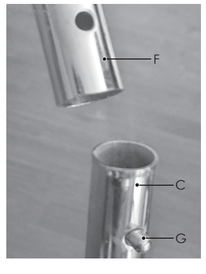
4. Press the plastic buffer gasket（B）, let it fit into the base.



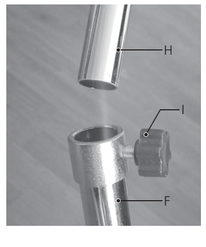
5. Put flat washer（A）、screw washer（M）and screw（E）together, then screw them with wrench. Make sure to get it tighten and thus the main steel tube can hardly be rotated.



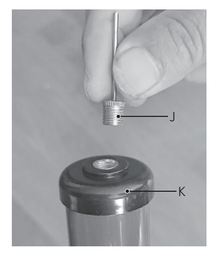
6. Finish the installation of base.



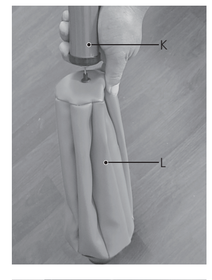
7. Match the hole to the button（G）and connect the secondary tube（F）with main steel tube（C）.



8. Insert the top tube（H）into the secondary tube(F), and adjust the height by using the turn knob（I）.

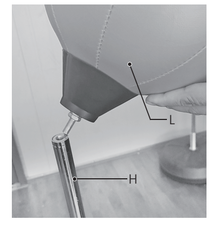


9. Install the needle（J）on the pump（K）.



10. Insert the needle into the rubber hole of ball（L）, and blow up the ball with pump（K）.

Warning: Don't inflat too much. Inflating the ball to 80% will be better. Too much inflation will cause the ball to be broken easily during long time boxing. Inflatable product may be slighly deflated. If so, just inflat it.



11. Install the ball（L）on the top tube（H）. Tighten with wrench.

12. Open the cap of base, fill with water. If 100% filled, there will be a slight overflow. The base can be also filled with sand for an even more stable training unit.

Warranty & Customer Support

If you need help regarding product issues, after-sales service, or other relevant problems, please contact us via email.

Email: Dprodoservice@outlook.com

Please have the following information ready when requesting for service:

- Order ID
- Problem Description