



Bedienungsanleitung



Standboxball, 126-160 cm

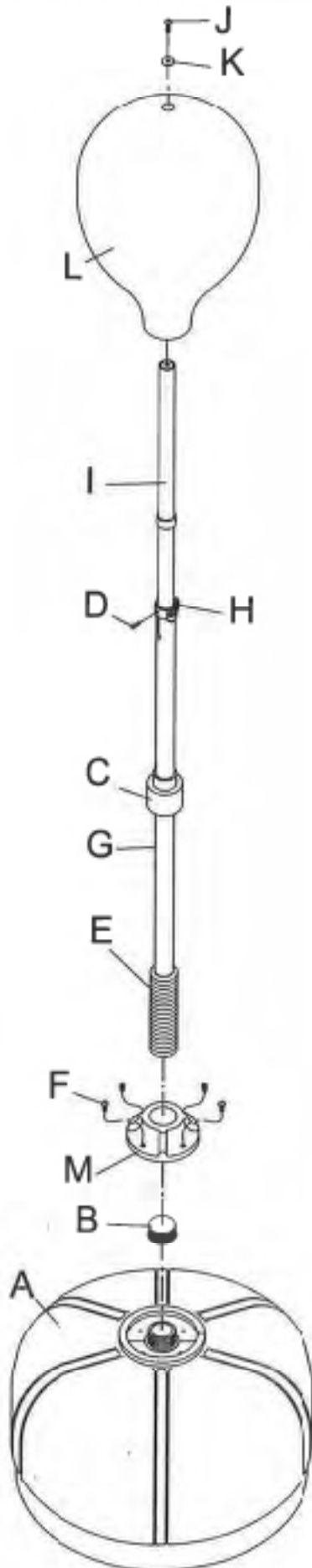
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Boxsäcke

▶▶▶ [zur Kategorie...](#)

OVERVIEW CHART



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

STEP 2. Fix Elasticity (E) and Base Elasticity (M) with hands first. Then slid the Base Elasticity (M) to the top of the Base (A) with four Screws (F), and slide the Cover (C) the end of the Elasticity (E) as shown in Overview Chart.

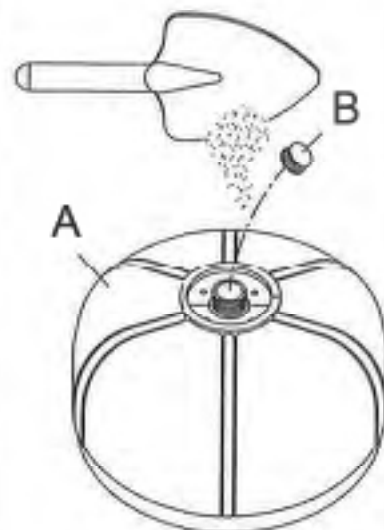
STEP 3. Slid the Knob (H) to top of the Lower Tube (G) with Screw (D).

STEP 4. Install the Inner Adjustable Tube (I) into The Lower Tube (G) with Knob (E) to adjustment height with Knob (H) as shown in Overview Chart.

STEP 5. Slide the Pull Ball (L) end of the Inner Adjustable Tube (L) form the top with Screw (J) and Washer (K) tighten as shown in Overview Chart.

● Do not use Boxing stand by the hand with other things. (ex: Ring)

FIGURE B





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