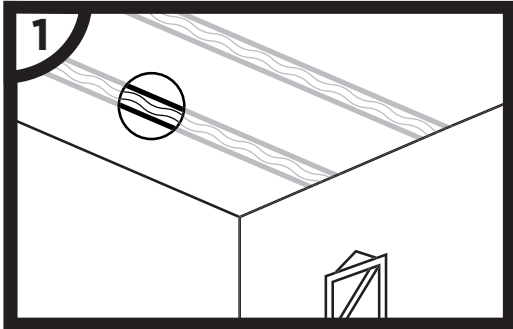
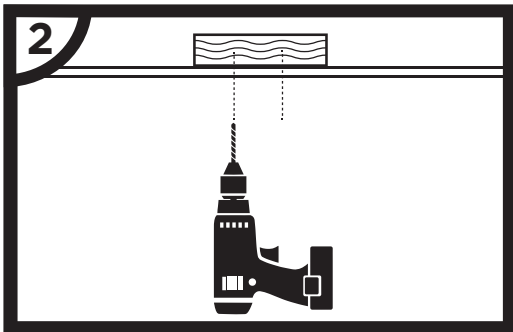


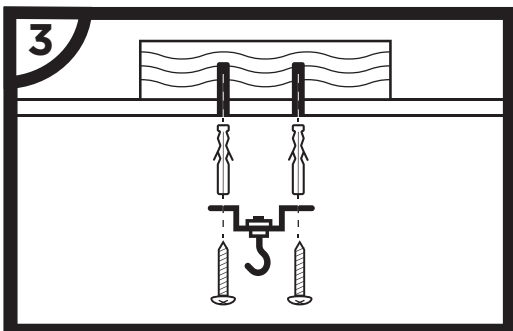
## INSTRUCTIONS



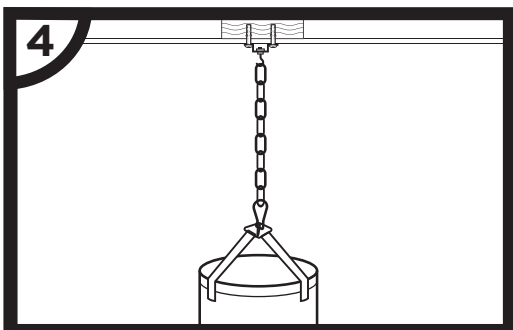
Using a Stud Finder (not included) find a stud in the ceiling in the appropriate area of your room.



Measuring the distance of the hook clasp openings, drill two holes in the Stud with a Drill (not included) with the same distance.



Insert the Drywall Anchors to cover openings completely. Tighten the Hook with screws.



Use your preferred Boxing chain (not included) on top of the hook and at the end of chain hook the Heavy Bag with the Snap Hook.

## WARNINGS

Adult assembly required.

Always consult a physician before beginning any exercise regimen.

Recommended for children ages 4 to 10

To avoid injury keep at a safe distance during play.

Make sure product is assembled correctly prior to initial use.

Before each use of this product, inspect the entire assembly and replace any worn, defective or missing parts.

DO NOT allow other persons to hold or stand or lie on the product while in use.

DO NOT use when under the influence of drugs or medication which may impair judgment and coordination.

ALWAYS remove jewelry, belt buckles or any other sharp objects before using.

The use of gloves to protect your hands from use is highly recommended.

Ensure the product set is on level ground with a minimum of 8 feet clear space around the sides, and that no obstructions are in the way.

ALWAYS watch for hazards or obstructions above, around and below the location where you are using this product. Failure to do so can result in serious injury, death, and property damage.

Always secure against unauthorized and unsupervised use.

No modification should be carried out to the product or any of its components. Any modification could lead to damage to the product or result in a personal injury.

Should there be any missing parts, the product must not be used until replacement parts have been fitted.

## INCLUDES:

1. 25LB Heavy Bag
2. Jumping Rope
3. Left Boxing Glove
4. Right Boxing Glove
5. Snap Hook
6. Hanging Hook
7. Screws
8. Drywall Anchors

## LIMITED WARRANTY

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WHILE EVERY ATTEMPT IS MADE TO ENSURE THE HIGHEST DEGREE OF PROTECTION IN ALL EQUIPMENT, WE CANNOT GUARANTEE FREEDOM OF INJURY. THE USER ASSUMES ALL RISK OF INJURY DUE TO USE. ALL MERCHANDISE IS SOLD ON THIS CONDITION, WHICH NO REPRESENTATIVE OF GLOBAL QUALITY BRANDS® CAN WAIVE OR CHANGE.



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Manufactured by GQBrands  
Phone# 866-498-5269  
CustomerService@GQBrands.com  
4401 Samuell Blvd, Ste 150  
Mesquite, TX 75149

