

# TUNTURI®

## MANUAL

## FREE STAND BOXING BAG

14TUSBO073

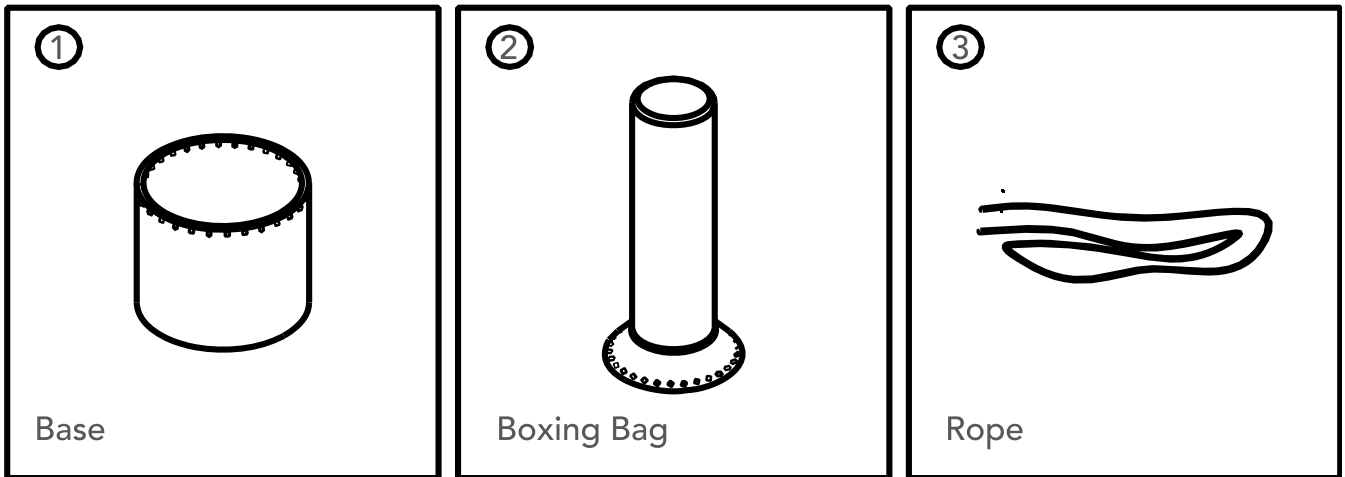


FEEL BETTER **EVERY DAY**

More info

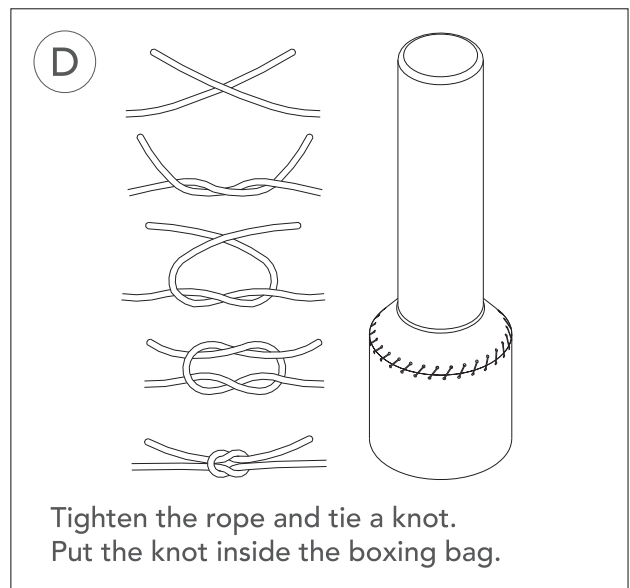
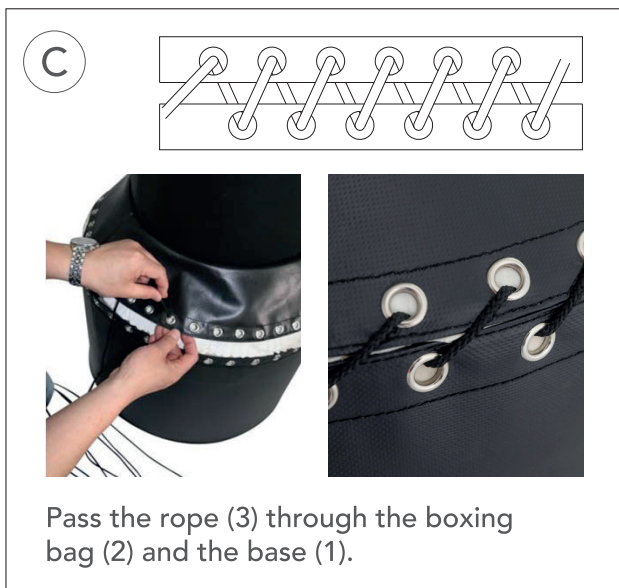
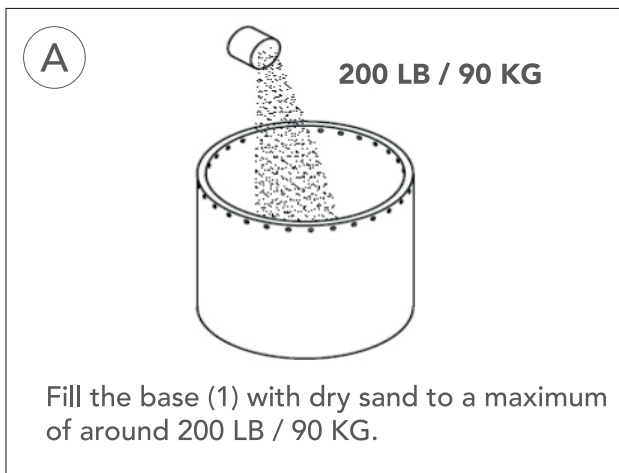


## PARTS



Note: do not remove or throw away the padding on the inside of the base (1) when unpacking. These layers are used for isolation, it is not packaging material.

## SETUP



## MAINTENANCE AND SAFE USE OF THE BOXING BAG

- When using the boxing bag, you should always wear padded gloves or mitts in order to avoid abrasions or other injuries. Similar protection should be used for feet, arms, and legs if the punching bag is used for kick-boxing or other similar sport. However, the boxing bag should not be used for such activities without proper instructions.
- The boxing bag will move when it is punched. It is therefore important to make sure that the bag is put in such a way that it will not hit walls or other items nearby. This must be done to avoid damage to the bag and to avoid that the bag causes damage to persons or animals when it is in use.