



INSTRUCTIONS TO REPLACE SPEED BAG BLADDER

1. REMOVE THE DEFECTIVE BLADDER AS FOLLOWS:

- A. Deflate the bladder completely.
- B. Remove and save the lace from the speed bag for reuse. Lift up the bladder protection shield to reveal the bladder.
- C. Using your fingers, push the bottom of the speed bag toward the top opening. Do this until you can reach into the bag and get a hold of the bottom of the bladder inside the bag.
- D. Grasp the bladder near the valve and pull steadily until the valve stem pulls through the hole at the bottom of the bag and the defective bladder is removed.

2. INSTALL THE NEW BLADDER AS FOLLOWS:

- A. Evenly apply the glue to the cotton fabric patch on the bottom of the bladder. (diagram 1, fabric patch)
- B. Push the bottom of the speed bag up to the top opening so that you can insert the stem of the bladder through the valve opening in the speed bag. (see diagram 2)
- C. Carefully insert entire bladder into the speed bag. Trim the protruding stem so it is level with speed bag.
- D. Moisten inflating needle and inflate bladder 2/3 full.
- E. Replace the bladder protection shield over the bladder. Lace and tie the striking bag closed.
- F. Moisten needle and inflate bladder to a maximum pressure of 4 lbs. **WARNING: USE HAND PUMP ONLY.**

YOUR SPEED BAG SHOULD NOW BE READY FOR USE.

WARNING:

Never leave the inflating needle in the valve after deflating. This is a sure way to cause your bladder to leak.

diagram 1

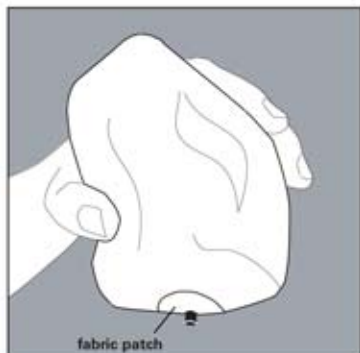
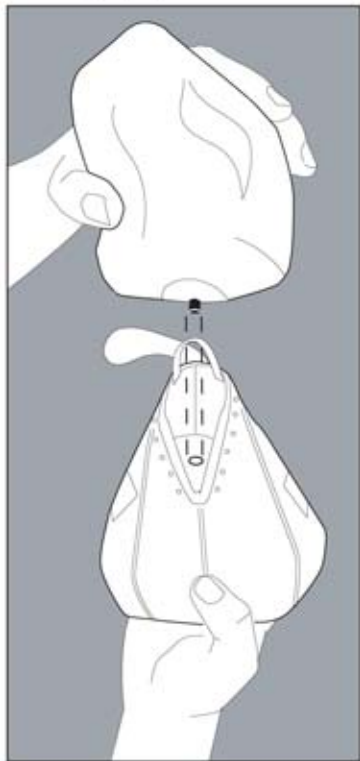


diagram 2



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