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WARNING: Use of any sports equipment subjects the user to a degree of risk. The user, therefore, must assume full responsibility for all risk of injuries. Make certain that the equipment is in excellent condition and properly secured before each use. **Note:** It is recommended that you use well padded bag gloves and hand wraps when using any bag.

STEP ONE

To take the U-Clip off, grasp the post and the opening of the clip, gently squeeze and twist. (FIGURE ONE)



FIGURE ONE

STEP TWO

After putting your speed bag on, grab the other post and the round end of the clip with your pliers and gently squeeze until the clip catches on the other side. (FIGURE TWO)

NOTE: You can also use a flat head screw driver to remove the U-Clip



FIGURE TWO