

TITLE BOXING, LLC

1.800.999.1213

www.TITLEBOXING.com

Thank you for your recent purchase with TITLE BOXING! We know that you will be 100% satisfied with your purchase, and hope you get the most beneficial use out of it as possible. The best customer service, constant improvement, and quality products are what TITLE BOXING is all about! However, if you have any suggestions, feel free to contact us at:

TITLE BOXING
Attn: Product Improvements
14711 W. 112th St.
Lenexa, Kansas 66215
1.800.999.1213
products@titleboxing.com

WARNING: All sports, gym, and exercise equipment should be used under expert supervision. The product provides a degree of protection, but is not warranted to protect the user from injury. The user, therefore, must assume full responsibility for all risk of injuries. **NOTE:** It is recommended that you use well padded bag gloves and handwraps when using any heavy-bag.

PLEASE NOTE THAT WE CANNOT GUARANTEE ANY BAG THAT IS FILLED TO MORE THAN 100 LBS. OF WEIGHT!

Thanks for purchasing this great heavybag! You are sure to receive years of use out of this training bag. To insure that yours gives you long-lasting service, please follow these simple packing tips when filling your bag.

You can fill the heavybag with old clothing, rags, blankets or other comparable material. Simply fill the bag with about 24 inches of the material and pack it down extremely tight with the end of a baseball bat or board. Repeating this procedure will make certain that the heavybag remains firm and solid during use. It also helps eliminate any sagging and settling.

If a heavier bag is desired, add a tube of sand to the middle of the bag when packing. An old cardboard carpet roll works well. Cut the tube to approximately 24 inches in length*, and heavily tape one end closed. Fill the tube with sand and tape the opposite end. After packing the bag about one-quarter-full, place the tube of sand in the center and pack more of the materials around it. Continue filling and packing the bag until it is completely full. Remember to pack the material down with a baseball bat or end of a board after every few feet to maintain a solid core when filled.

Following these instructions should help you get years of use from the heavybag. When hanging the bag, hang it to a height where you will be hitting at about the midway point.

*For Thai Style Heavybags use a 36" tube length. This will give you an approximate 100 lbs. bag when completed.

*For Uppercut Heavybags use a 20" tube length. This will give you an approximate 50-60 lbs. bag when completed.