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> Dripex 175cm Freestanding Punching Bag User Manual

Dripex B07V2MM3L4

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Model: B07V2MM3L4

INTRODUCTION

This manual provides essential instructions for the assembly, operation, maintenance, and troubleshooting of your Dripex 175cm Freestanding Punching Bag. Please read this manual thoroughly before use to ensure safe and effective training.

SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure the punching bag is assembled correctly and the base is filled to maximum capacity before use.
- Use appropriate protective gear, such as boxing gloves, during training.
- Place the punching bag on a flat, smooth, and stable surface.
- Maintain a safe distance around the punching bag to avoid injury to yourself or others.
- Do not attempt to move the punching bag when the base is filled. Empty the base before relocating.
- Keep children and pets away from the punching bag during use.

PACKAGE CONTENTS

Your Dripex Freestanding Punching Bag is shipped in two separate packages. If you receive only one package, please allow 1-2 additional days for the second package to arrive.

Verify that all components are present before assembly:

- Punching Bag (Upper section)
- Base (Lower section)

- Damping System Components (PVC absorbers, springs)
- Assembly Hardware (Screws, bolts, tools if included)
- Suction Cups (Pre-installed on base or separate)

SETUP AND ASSEMBLY

1. **Unpack Components:** Carefully remove all parts from the packaging.
2. **Assemble Damping System:** Attach the PVC absorbers and springs to the base according to the included diagrams. Ensure all connections are secure.
3. **Attach Punching Bag to Base:** Align the punching bag section with the damping system on the base. Secure it using the provided hardware. Tighten all screws firmly.
4. **Fill the Base:**



Image: The base of the punching bag showing the filling port and suction cups.

- The base must be filled for stability. **Sand is recommended** for filling (maximum 83 kg).
 - Avoid using water as a filling agent, especially if relying on suction cups, to prevent potential leaks and reduce stability.
 - Pour sand into the designated filling port on the base until it reaches maximum capacity.
5. **Position the Punching Bag:** Place the assembled punching bag on a smooth, flat floor surface (e.g., tiled floor) to allow the 12 suction cups to adhere properly, enhancing stability.

Multi-Layer Construction

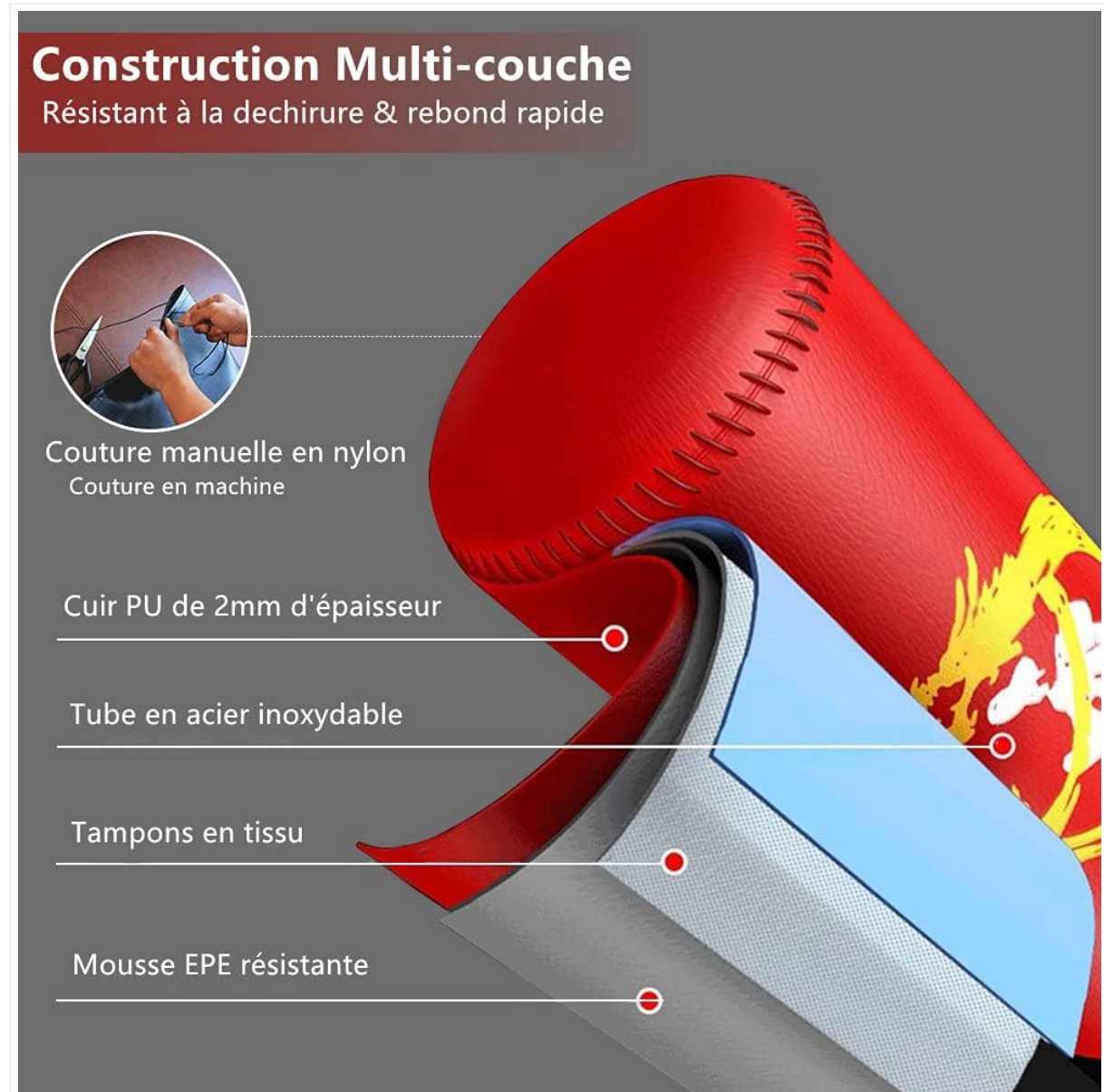


Image: Diagram illustrating the multi-layer construction of the punching bag.

The punching bag features a durable multi-layer construction designed for resilience and rapid rebound. It includes:

- Manual nylon stitching and machine stitching for enhanced durability.
- 2mm thick synthetic polyurethane (PU) leather exterior, resistant to tearing.
- Internal stainless steel tube for structural integrity.
- Fabric buffers and resilient EPE foam for optimal shock absorption.

Improved Damping System

Système d'Amortissement Amélioré

Absorption du Bruit & Moins de Vibrations

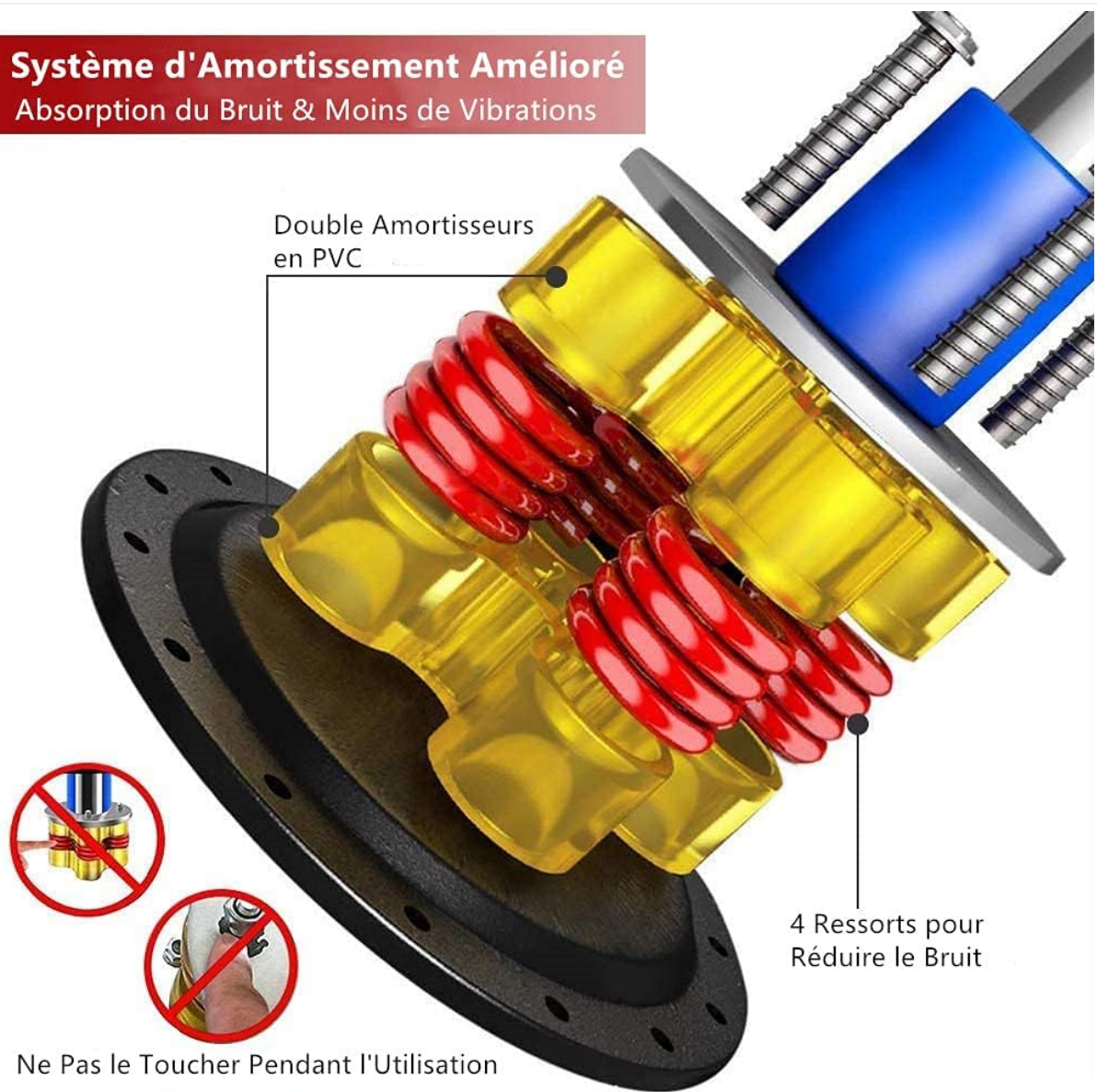


Image: Close-up of the improved damping system with PVC absorbers and springs.

The enhanced shock absorption system incorporates two PVC absorbers and four springs. This design absorbs impacts and reduces noise by 360 degrees, providing a realistic training experience with minimal vibration.

Ultra-Silent Operation

Ultra Silencieux

360° Choc & Absorption du Bruit

- Recouvert de cuir de bonne qualité
- Nouvelle absorption des chocs
- Facile et pratique à installer
- Remplissage: du sable ou de l'eau



Image: Visual representation of the punching bag's quiet performance.

The combination of quality leather covering and the advanced shock absorption system ensures ultra-silent operation, making it suitable for home, office, or gym use without causing disturbance.

Recommended Use

This freestanding punching bag is suitable for various combat sports and fitness training, including English boxing, Muay Thai, kickboxing, full contact, Karate, and Taekwondo. Its total height of 175 cm accommodates users between 120 cm and 185 cm tall.

MAINTENANCE

- **Cleaning:** Wipe the punching bag's exterior with a damp cloth and mild soap. Avoid harsh chemicals that may damage the synthetic leather.
- **Storage:** Store the punching bag in a dry environment, away from direct sunlight and extreme temperatures.
- **Base Check:** Periodically check the base for any signs of wear or damage. Ensure the filling port cap is securely closed.
- **Suction Cups:** Ensure suction cups are clean and free of debris for optimal adhesion to the floor.

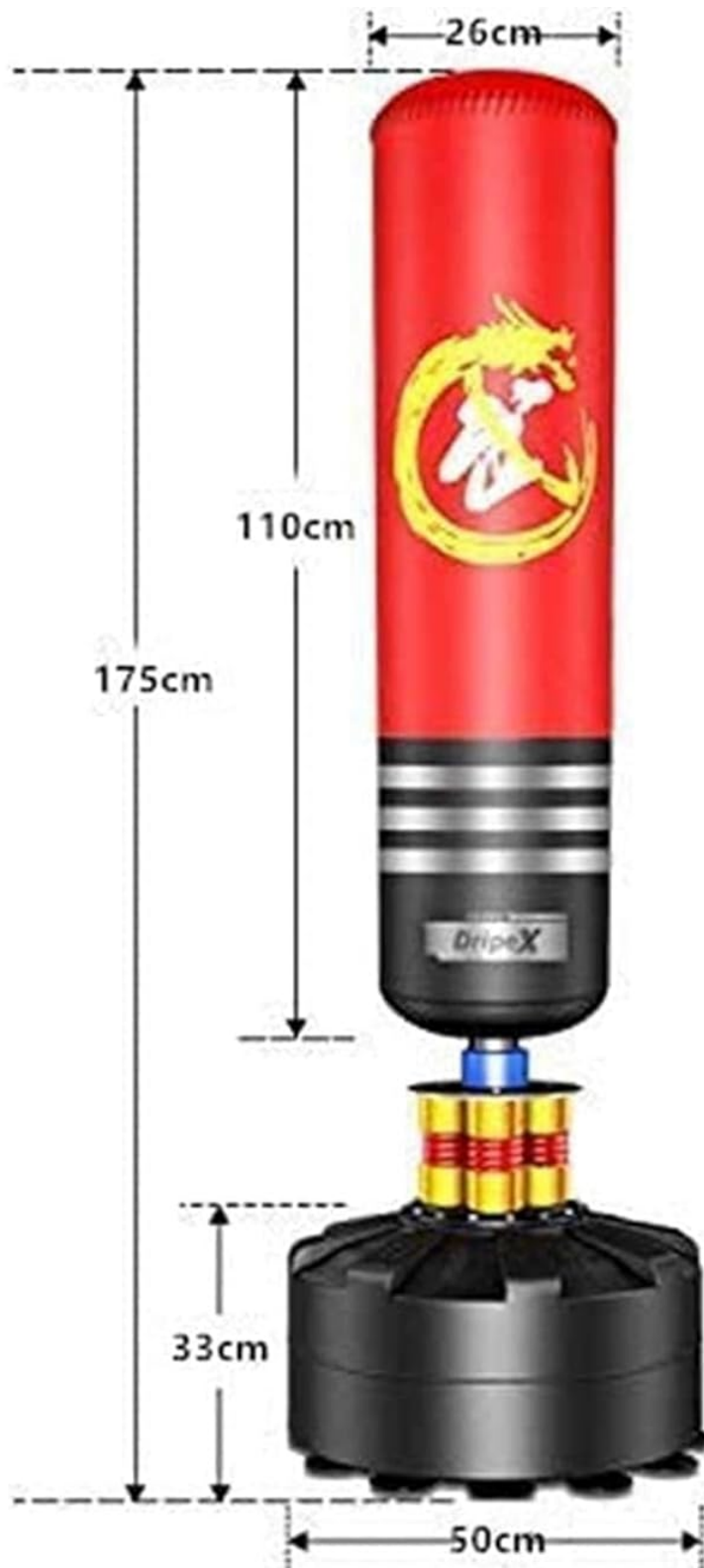
TROUBLESHOOTING

- **Instability:** If the punching bag feels unstable, ensure the base is filled to its maximum capacity (83

kg of sand). Verify that all suction cups are firmly attached to a clean, smooth, flat floor.

- **Excessive Noise/Vibration:** Check that all assembly hardware is tightened. Ensure the damping system components (PVC absorbers and springs) are correctly installed and not obstructed.
- **Bag Not Rebounding Properly:** Inspect the damping system for any damage or misalignment. Ensure the bag is not over-filled or under-filled with internal materials (not user-serviceable).
- **Missing Parts:** If any parts are missing upon delivery, contact customer support immediately. Remember the product ships in two packages.

SPECIFICATIONS



Ce produit va être séparé en 2 colis à cause de la grande taille et du poids. L'un des colis est peut être en retard 1-2 jours.

Image: Detailed dimensions of the Dripex freestanding punching bag.

Feature	Detail
Model	B07V2MM3L4

Total Height	175 cm
Base Dimensions (L x W)	50 cm x 50 cm
Item Weight (empty)	18 kg
Max Base Filling (Sand)	83 kg
Exterior Material	2mm Synthetic Leather (PU)
Internal Construction	Stainless Steel Tube, EPE Foam, Fabric Buffers
Damping System	2 PVC Absorbers, 4 Springs
Base Stability	ABS Base with 12 Suction Cups
Recommended Age Range	Adult
Suitable Sports	Mixed Martial Arts, Boxing, Karate, Muay Thai, Taekwondo
Color	Red
Country of Origin	China

WARRANTY

Dripex products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your purchase or contact Dripex customer support. Keep your proof of purchase for any warranty claims.

CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, or encounter issues not covered in this manual, please contact Dripex customer support through the retailer's platform or the official Dripex website. Please have your model number (B07V2MM3L4) and purchase date ready when contacting support.