

Decathlon 2765680

Decathlon Outshock Free-Standing Punching Bag

INSTRUCTION MANUAL

Introduction

This manual provides essential information for the setup, operation, maintenance, and troubleshooting of your Decathlon Outshock Free-Standing Punching Bag. Please read these instructions carefully before use to ensure proper assembly and safe operation. This punching bag is designed for boxing, kickboxing, and Muay Thai training, offering a stable and responsive target for various strike sequences.

Setup Instructions

Proper setup is crucial for the stability and performance of your punching bag. Follow these steps to assemble your Outshock Free-Standing Punching Bag.

1. **Unpack Components:** Carefully remove all components from the packaging. You should have the inflatable punching bag and the base unit.



Image: The deflated punching bag and its separate base unit, ready for assembly.

2. **Fill the Base:** The base must be filled with either water or sand to provide stability.
 - Locate the fill opening on the base.
 - Carefully fill the base. Sand provides greater stability than water. Ensure the base is completely filled for optimal performance and safety.



Image: A hose is used to fill the base of the punching bag with water, demonstrating the filling process.

3. Inflate the Punching Bag:

- Locate the inflation valve on the punching bag.
- Use a universal pump to inflate the bag. The recommended pressure is 25 hbars (0.36 PSI).
- Inflate until the bag is firm but still has a slight give to allow for safe strike sequences.



Image: A detailed view of the "SOFT" inflation valve on the punching bag, showing recommended pressure markings.



Image: An orange hose connected to the inflation valve, illustrating the process of inflating the punching bag.

4. **Attach Bag to Base:** Once both the base is filled and the bag is inflated, securely attach the punching bag to the base unit using the provided straps or connectors. Ensure a tight and stable connection.



Image: The inflated punching bag is shown securely fastened to its filled base, indicating a complete setup.

Operating Instructions

The Decathlon Outshock Free-Standing Punching Bag is designed for effective training in various combat sports.

- **Striking Techniques:** The bag's design and 1.70-meter length allow for a wide range of punches and kicks. Its bounce characteristic enables users to safely perform continuous strike sequences, improving rhythm and power.
- **Movement and Footwork:** Utilize the free-standing nature of the bag to practice footwork and movement around a target, simulating real combat scenarios.
- **Safety Precautions:** Always wear appropriate protective gear, such as boxing gloves and hand wraps, when using the punching bag. Ensure adequate space around the bag to prevent accidental injury.



Image: A man in a black sweater and jeans is shown actively punching the Decathlon Outshock Free-Standing Punching Bag, demonstrating its use in a home setting.

Maintenance

Regular maintenance will extend the life of your punching bag.

- **Cleaning:** Wipe down the surface of the punching bag with a damp cloth after each use to remove sweat and dirt. For deeper cleaning, use a mild soap solution and rinse thoroughly. Avoid harsh chemicals.
- **Inflation Check:** Periodically check the inflation pressure of the bag. If it feels too soft, reinflate to the recommended 25 hbars (0.36 PSI).
- **Base Stability:** Ensure the base remains adequately filled. If the bag becomes wobbly, check the fill level of the base and refill if necessary.
- **Storage:** If storing for an extended period, the bag can be deflated in approximately 5 seconds for compact storage. Ensure the base is also emptied if moving or storing in freezing temperatures.

Troubleshooting

Common issues and their solutions.

- **Bag is unstable or tips over easily:**
 - Ensure the base is completely filled with water or sand. Sand provides superior stability.
 - Verify that the bag is securely attached to the base.
 - Check if the bag is adequately inflated.
- **Bag feels too hard or too soft:**
 - Adjust the inflation pressure. Inflate to 25 hbars (0.36 PSI) for optimal bounce and feel.
- **Difficulty inflating/deflating:**
 - Ensure the valve cap is fully open for inflation and properly sealed for use.
 - For deflation, ensure the valve is fully open and allow air to escape.

Specifications

Feature	Detail
Brand	Decathlon
Model Number	2765680
Colour	Black
Size	Unique Size (1.70 Meter long)
Material Type	Polyethylene, Thermo Polymer Elastomer, Polyvinyl Chloride
Included Components	1 x Outshock Free-Standing Punching Bag, Black
Sport	Boxing, Kickboxing, Muay Thai
Package Dimensions	61.5 x 60 x 17 cm
Item Weight	4.12 kg (unfilled)

Warranty Information

This Decathlon Outshock Free-Standing Punching Bag comes with a**7-year warranty**. Please retain your proof of purchase for any warranty claims. For detailed terms and conditions, refer to the official Decathlon warranty policy or contact customer support.

Customer Support

For further assistance, product inquiries, or support, please visit the official Decathlon website or contact their customer service department. You can find contact information on their website or through your purchase platform.

Decathlon Official Website: www.decathlon.com.au



