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Soozier A91-306V00BK

Soozier Speed Bag with Stand Instruction Manual

Model: A91-306V00BK

INTRODUCTION

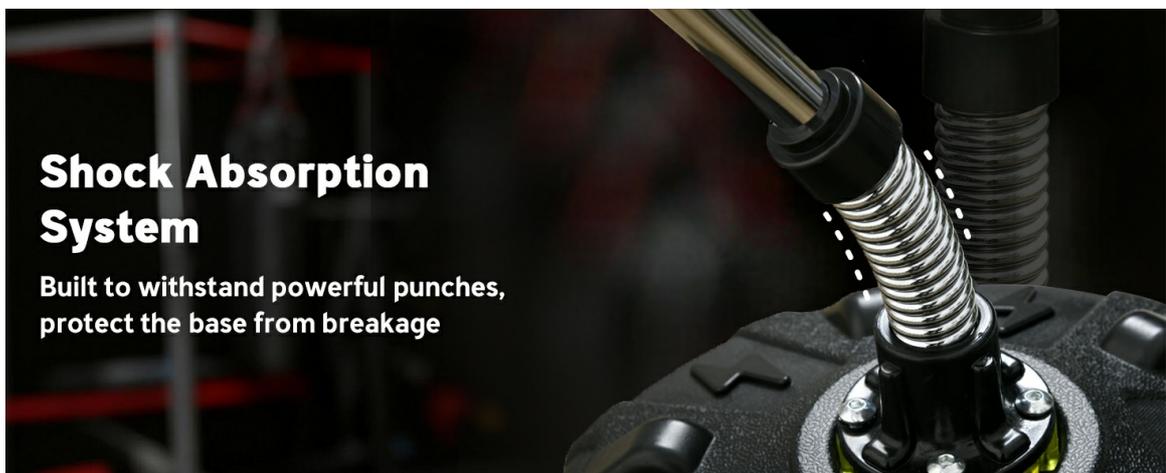
This manual provides essential information for the proper assembly, operation, and maintenance of your Soozier Freestanding Reflex Speed Bag. Please read these instructions carefully before use to ensure safe and effective training. This speed bag is designed for adults for home gym boxing training, offering an adjustable height range and a stable base for dynamic workouts.



Image: A user engaging with the Soozier Speed Bag, demonstrating its use in a home gym environment.

PRODUCT FEATURES

- **Powerful Spring System:** Engineered to ensure the speed bag returns quickly after impact, facilitating an effective and professional workout experience.



Shock Absorption System

Built to withstand powerful punches, protect the base from breakage

Image: Detail of the shock absorption spring system, highlighting its robust construction for durability

and rebound.

- **Adjustable Height:** The reflex bag can be adjusted from 57.9 inches (147 cm) to 65 inches (165 cm), accommodating a wide range of users including adults and athletes of various heights.



Image: Visual representation of the adjustable height mechanism, illustrating how it can be set for different user heights.

- **Fillable Base:** The base can be filled with water or sand to provide stability during use. It can hold up to 55 lbs (25 kg) of sand, 33 lbs (15 kg) of water, or 44 lbs (20 kg) of a sand/water mixture. When empty, the base is lightweight for easy transport.



Image: The fillable base, demonstrating the capacity for sand or water to ensure maximum stability during workouts.

- **Suction Cups:** Equipped with suction cups on the underside of the base to enhance grip and stability on smooth, even floor surfaces.

12 SUCTION CUPS

Keep the heavy bag in place
on smooth and even floors



Image: A detailed view of the suction cups located on the base, which provide additional grip on smooth floors.

SETUP INSTRUCTIONS

1. **Prepare the Base:** Unscrew the cap on the top of the base. Fill the base with your preferred stabilizing material (water, sand, or a mixture). Ensure the cap is securely tightened after filling to prevent leakage.
2. **Attach Suction Cups:** If not pre-attached, firmly press the suction cups into their designated slots on the bottom of the base. Ensure they are clean and dry for optimal adhesion to the floor.
3. **Assemble the Stand:** Connect the main pole to the base. Ensure all connections are secure.
4. **Adjust Height:** Loosen the adjustment knob on the pole. Slide the upper section of the pole to your desired height. Tighten the knob firmly to lock the height in place.
5. **Position the Speed Bag:** Place the assembled speed bag on a smooth, even surface. Press down on the base to engage the suction cups for maximum stability.

Setup and Usage Demonstration Video

Your browser does not support the video tag.

Video: This video demonstrates the assembly process, including filling the base, attaching suction cups,

adjusting the height, and shows the speed bag in use for boxing training.

OPERATING INSTRUCTIONS

1. **Stance:** Adopt a balanced boxing stance with your feet shoulder-width apart and knees slightly bent.
2. **Punching Technique:** Use light, quick punches to strike the speed bag. Focus on rhythm and timing. The goal is to hit the bag in a way that allows it to rebound predictably.
3. **Rhythm and Coordination:** Practice maintaining a consistent rhythm. The spring system will return the bag quickly, requiring fast reflexes and hand-eye coordination.
4. **Varying Drills:** Incorporate different punch combinations, head movements, and footwork to enhance your training.



Image: A user actively training with the speed bag, illustrating dynamic punching and movement.

MAINTENANCE

- **Cleaning:** Wipe down the speed bag and stand with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals that may damage the material.
- **Base Check:** Periodically check the base for any leaks or cracks. Ensure the filling cap is tight. If using water, consider adding a small amount of anti-algae solution.
- **Connections:** Regularly inspect all nuts, bolts, and adjustable components to ensure they are secure. Tighten if necessary.
- **Storage:** Store the speed bag in a dry, cool place away from direct sunlight when not in use for extended periods.

TROUBLESHOOTING

- **Bag Wobbles Excessively:**
 - Ensure the base is fully filled with water or sand.
 - Verify that all suction cups are firmly attached to a clean, smooth, and even floor surface.
 - Check that the pole is securely tightened at the base and at the height adjustment point.
- **Bag Does Not Rebound Properly:**
 - Inspect the spring mechanism for any obstructions or damage.
 - Ensure the bag is not over-inflated or under-inflated (if applicable, though this model is a reflex bag).
- **Difficulty Adjusting Height:**
 - Loosen the adjustment knob completely before attempting to slide the pole.
 - Clean any debris from the adjustment mechanism.

SPECIFICATIONS

| Feature | Detail |
|---------|--------|
|---------|--------|

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|-------------------------|--|
| Model Number | A91-306V00BK |
| Product Dimensions | 48W x 48D x 147-165H cm (18.9"W x 18.9"D x 57.9"-65"H) |
| Ball Diameter | 9.8 inches (25 cm) |
| Adjustable Height Range | 57.9" - 65" (147 - 165 cm) |
| Base Capacity (Sand) | 55 lbs (25 kg) |
| Base Capacity (Water) | 33 lbs (15 kg) |
| Base Capacity (Mixture) | 44 lbs (20 kg) |
| Materials | PU, Plastic, Steel |
| Item Weight | 4.99 kg (11 lbs) |
| Color | Red, Blue, White, Black |
| Age Range | Adult |



Image: Detailed dimensions of the speed bag with stand, including height and base width.

WARRANTY AND SUPPORT

For warranty information, product support, or to report any issues, please refer to the purchase documentation or contact the retailer where the product was acquired. Keep your proof of purchase for any warranty claims. For direct assistance, you may also visit the official Soozier website or contact their customer service department.

Manufacturer: Aosom Canada

Place of Business: Markham, Ontario, CA

Tel: 1-416-792-6088

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