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SPORTNOW A91-305V00BK

SPORTNOW Punching Ball Instruction Manual

Model: A91-305V00BK

INTRODUCTION

Thank you for choosing the SPORTNOW Punching Ball. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

This versatile speed bag is designed for all skill levels, from beginners to advanced users, and can be set up in various locations such as a garage, basement, or home gym to enhance arm strength and reflexes.



Image: User engaging with the SPORTNOW Punching Ball.

SAFETY INFORMATION

Before using this product, please observe the following safety precautions:

- Consult a physician before starting any new exercise program.
- Ensure the punching ball is assembled correctly and securely according to the instructions.
- Place the punching ball on a flat, stable surface.
- Fill the base completely with sand or water to ensure maximum stability.
- Wear appropriate protective gear, such as boxing gloves, during use.
- Do not allow children to use the equipment unsupervised.
- Inspect the equipment for any damage or wear before each use. Do not use if damaged.
- Keep hands and feet clear of moving parts, especially the spring mechanism.

WHAT'S IN THE Box

Carefully unpack all components and ensure you have received the following items:

- 1 x Punching Bag (Speed Bag)
- 1 x Base
- 6 x Suction Cups (pre-attached to base or separate)
- 1 x Adjustable Pole with Spring Mechanism
- Assembly Hardware (screws, washers, etc.)



Image: Packaging illustration, indicating contents are shipped in one package.

SETUP INSTRUCTIONS

1. **Assemble the Pole:** Connect the adjustable pole sections, ensuring they are securely fastened.
2. **Attach the Punching Bag:** Securely attach the punching bag to the top of the pole.
3. **Connect to Base:** Insert the assembled pole into the base. Ensure all connections are tight.
4. **Fill the Base for Stability:** The base must be filled to provide stability.
 - For sand: Approximately 25 kg (55 lbs) of sand.
 - For water: Approximately 15 kg (33 lbs) of water.
 - For a sand/water mixture: Approximately 20 kg (44 lbs) of mixture.



Image: Instructions for filling the base with sand or water.

5. **Engage Suction Cups:** Place the punching ball on a smooth, flat surface. Press down firmly on the base to engage the suction cups, providing additional grip and stability.

6 VENTOSE

Mantenere il sacco pesante in posizione
su pavimenti lisci e uniformi



Image: Detail of the six suction cups on the base.

6. **Adjust Height:** The punching ball's height can be adjusted from 145 cm to 180 cm to suit your preference. Loosen the adjustment knob, slide the pole to the desired height, and tighten the knob securely.



Image: Visual guide for adjusting the punching ball height.

OPERATING INSTRUCTIONS

Once assembled and secured, the SPORTNOW Punching Ball is ready for use. Follow these guidelines for effective training:

- **Warm-up:** Always perform a proper warm-up before starting your training session to prevent injuries.
- **Stance:** Maintain a balanced and athletic stance.
- **Striking:** Practice various boxing techniques such as jabs, crosses, hooks, and uppercuts. The flexible spring mechanism allows the ball to return quickly, aiding in developing speed and reflexes.



FORTE SISTEMA A MOLLA

Lasciare che lo speed bag
torni rapidamente in posizione

Image: Illustration of the strong spring system for quick rebound.

- **Footwork:** Incorporate footwork drills to improve agility and movement around the bag.
- **Cool-down:** Finish your workout with a cool-down and stretching routine.

MAINTENANCE

Regular maintenance will prolong the life of your SPORTNOW Punching Ball:

- **Cleaning:** Wipe down the punching bag and base with a damp cloth after each use to remove sweat and dirt. Do not use harsh chemicals.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are tight. Retighten if necessary.
- **Base Level:** Ensure the base remains adequately filled with sand or water. Refill if the level drops due to evaporation or leakage.
- **Storage:** Store the punching ball in a dry, cool place away from direct sunlight when not in use for extended periods.
- **Material Care:** The durable faux leather material is designed to resist wear, but avoid sharp objects that could puncture or tear it.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Punching ball is unstable or wobbles excessively.	Base not sufficiently filled; suction cups not engaged; uneven surface.	Ensure base is fully filled with sand or water. Press down firmly to engage suction cups. Move to a flat, smooth surface.
Punching ball does not rebound quickly.	Spring mechanism is stiff or damaged.	Check the spring for any obstructions or damage. Ensure it is clean. If damaged, contact customer support.
Pole height adjustment slips.	Adjustment knob is loose or worn.	Tighten the adjustment knob securely. If it continues to slip, inspect the mechanism for wear and contact customer support.

SPECIFICATIONS

Brand	SPORTNOW
Model Number	A91-305V00BK
Overall Dimensions	Ø48 x 145-180 cm (Diameter x Adjustable Height)
Punching Ball Diameter	Ø25 cm
Adjustable Height Range	145 cm - 180 cm
Color	Black
Outer Material	Polyurethane (PU)
Recommended Base Filling (Sand)	Approx. 25 kg
Recommended Base Filling (Water)	Approx. 15 kg
Recommended Base Filling (Mix)	Approx. 20 kg
Age Range	Adult
Country of Origin	China



145-180 cm

48 cm

Image: Dimensional overview of the SPORTNOW Punching Ball.

WARRANTY AND SUPPORT

Specific warranty information is not provided in the product details. For warranty claims, technical support, or replacement parts, please contact the retailer or manufacturer directly. Keep your purchase receipt as proof of purchase.

Manufacturer: Aosom Italy

ADDITIONAL PRODUCT VIEWS



Image: Punching ball in a home gym setting.



Image: Punching ball in a concrete gym setting.