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› Dripex Freestanding Punching Bag User Manual

## Dripex B0FV8SL3K6

# Dripex Freestanding Punching Bag User Manual

Model: B0FV8SL3K6

## 1. INTRODUCTION

This manual provides essential instructions for the safe and effective setup, operation, and maintenance of your Dripex Freestanding Punching Bag. Please read this manual thoroughly before assembly and use to ensure proper function and longevity of the product.

## 2. SAFETY INFORMATION

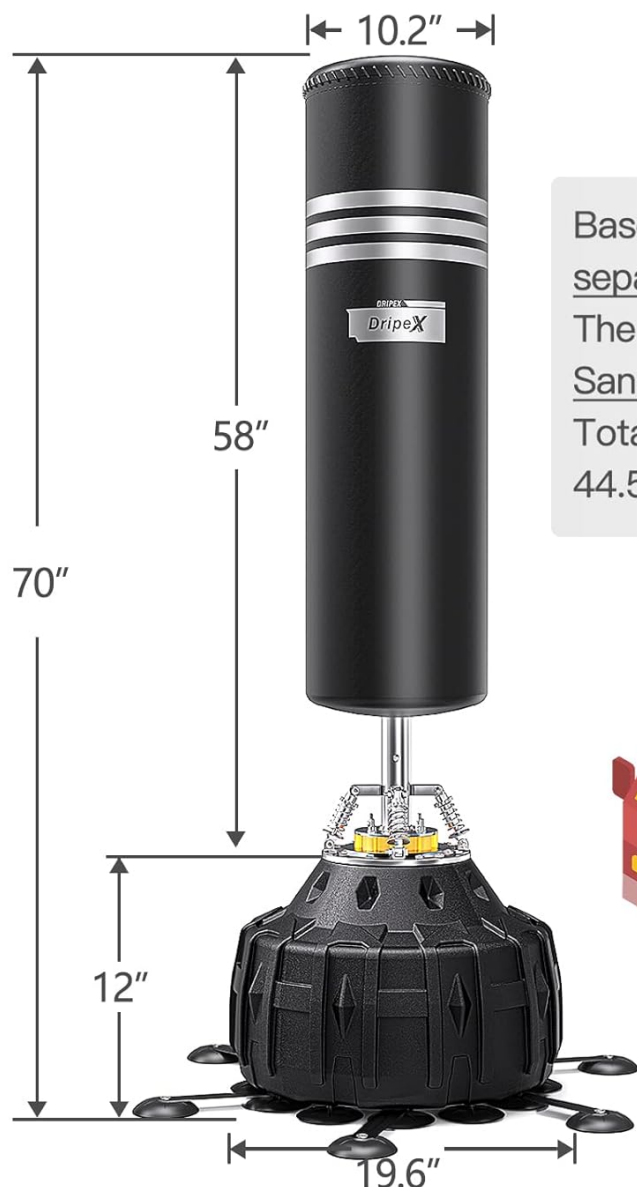
- Ensure the punching bag is placed on a clean, dry, and smooth surface to maximize suction cup effectiveness.
- Fill the base completely with sand for optimal stability. Water is an alternative but sand is recommended due to higher density.
- Do not attempt to move the assembled bag by force. Always dissipate suction from the cups before moving.
- Regularly inspect the bag for any signs of wear or damage. Discontinue use if damage is found.
- Always use appropriate hand protection (gloves) when using the punching bag to prevent injury.
- Maintain a safe distance from others while using the punching bag.

## 3. PACKAGE CONTENTS

Your Dripex Freestanding Punching Bag package includes the following components:

- Punching Bag (Upper Section)
- Base
- Accessories (e.g., bolts, washers, tools if included)
- Instruction Manual

## Two shipping boxes you will receive



Base and bag will be shipped separately due to the large size. The another package arrives very soon. Sand is not included.  
Total shipping weight : 44.53 (lb)



Figure 3.1: The punching bag and base are shipped in two separate boxes due to their size. Sand for filling the base is not included.

## 4. SETUP INSTRUCTIONS

The punching bag with stand will arrive in two separate boxes. Please ensure all parts are present before beginning assembly.

### 1. Prepare the Base:

Place the base on a clean, dry, and smooth surface. Ensure the area is free of dust or debris to allow the suction cups to adhere properly.

## **Durable Base with Bottom Suction Cups**

Sturdy to Kick and Hit

**25 strong suction cups**  
Keep them clean and dry



**182 lbs filled with sand,**  
**137 lbs filled with water**

(Sand is the best option for fill material)

Figure 4.1: The base features 25 strong suction cups for stability. Keep the surface clean and dry for optimal adhesion.

### **2. Fill the Base:**

Fill the base with your chosen material. Sand is highly recommended as it is denser (approximately 182 lbs when filled with sand) and provides superior stability compared to water (approximately 137 lbs when filled with water). Water may also develop an unfavorable odor over time.

### **3. Assemble the Shock Absorption System:**

Attach the shock absorption system components to the base. This system includes hydraulic damping, rubber, and stainless steel fixed plates designed to minimize vibration and impact force.

## **Technical Shock Absorption System**

Noise Absorption & Less Vibration

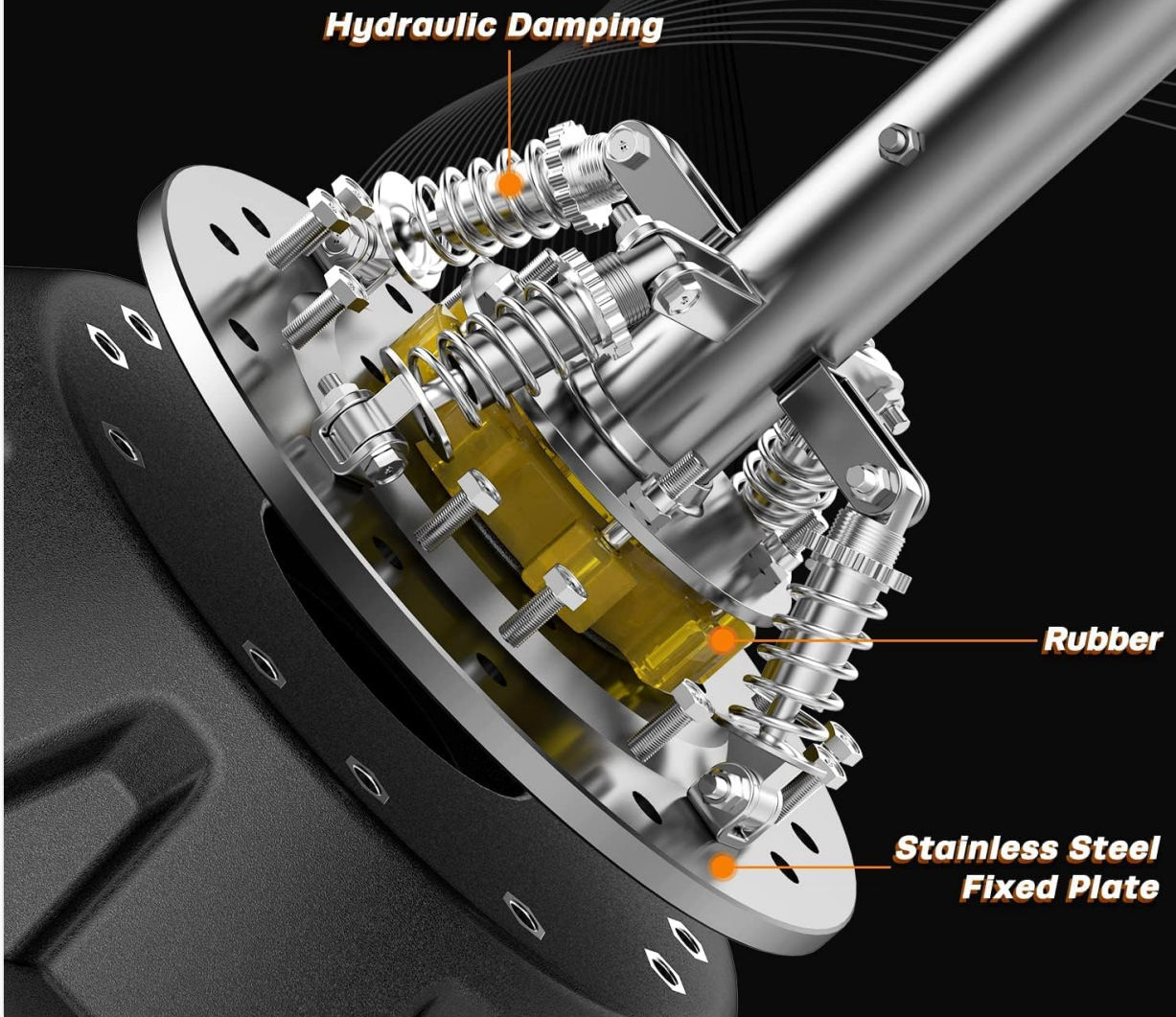


Figure 4.2: The shock absorption system helps distribute impact evenly and reduces vibration.

#### **4. Attach the Punching Bag:**

Carefully align the upper punching bag section with the assembled base and shock absorption system. Secure it firmly according to the accessory instructions. The punching bag stands approximately 70 inches (178 cm) tall when fully assembled.

## Upgrade Ultra-silent Effect

360° shock & noise absorption

- **Stands approx 70"/178cm tall**
- **Features with high-rebound inner materials**
- **Uniformly forced and less vibration**



Figure 4.3: The fully assembled punching bag features a multi-layer construction for durability and rebound.

## 5. OPERATING INSTRUCTIONS

The Dripex Freestanding Punching Bag is designed for various martial arts and fitness training, including boxing, kickboxing, MMA, and Muay Thai.

- **Stance and Technique:**

Adopt a proper stance and use correct technique for punching and kicking to maximize training effectiveness and minimize injury risk. The bag's high-rebound inner materials (PU leather, power buffer layer, EPE foam, polyurethane liner, and terylene cotton) provide a responsive surface.



Figure 5.1: Practice various kicks and strikes on the bag.



Figure 5.2: Engage in boxing training with proper form and protective gear.

- **Targeting:**

Vary your punching and kicking spots on the bag. Consistently hitting the same area can lead to premature wear.

- **Noise Absorption:**

The upgraded shock absorption system is designed to minimize noise and vibration, making it suitable for home gym or office use.

## 6. MAINTENANCE

- **Cleaning:**

Wipe off dirt and sweat from the bag with a wet cloth (water temperature not hotter than 104°F / 40°C), then dry it thoroughly. The bag can be regularly cleaned with a leather care solution to maintain its material integrity.

- **Storage:**

For long-term non-use, it is recommended to collapse the bag if possible, wrap it in a plastic bag or other dust-

proof packing, and store it in a cool, dry place. Avoid overexposure to direct sunlight, which can cause discoloration or aging of the material.

- **Suction Cups:**

Ensure the surface beneath the suction cups remains clean and dry for optimal adhesion. Periodically check the suction cups for proper function.

## 7. TROUBLESHOOTING

- **Bag Movement/Instability:**

Ensure the base is completely filled with sand (recommended) or water. Verify that the suction cups are clean and adhering firmly to a smooth, dry surface. If the surface is uneven or textured, the suction cups may not work effectively.

- **Difficulty Moving Assembled Bag:**

To move the assembled bag, insert a thin, hard object (such as a playing card, ruler, or bank card) under one suction cup to break the seal. Repeat this process for other suction cups until the base can be lifted. *Do not pull up by force*, as this can damage the suction cups.

- **Unfavorable Odor from Base:**

If the base is filled with water and develops an odor, empty the water, clean the base thoroughly, and refill with fresh water or, preferably, sand.

- **Excessive Noise During Use:**

While the bag is designed for noise absorption, ensure all assembly bolts are tightened securely. Check the shock absorption system for any loose components.

## 8. SPECIFICATIONS

Feature	Detail
Brand	Dripex
Model Number	B0FV8SL3K6
UPC	840452657830
Overall Height	Approx. 70.08 inches (178 cm)
Product Dimensions (W x H)	19.69"W x 70.08"H
Item Weight (Empty)	48 Pounds
Base Fill Capacity (Sand)	Approx. 182 lbs
Base Fill Capacity (Water)	Approx. 137 lbs
Outer Material	Faux Leather
Inner Materials	PU leather, power buffer layer, high elastic EPE Foam, polyurethane liner, terylene cotton
Shock Absorption System	4 sets of hydraulic damping, rubber, stainless steel fixed plate

Base Suction Cups	25 strong suction cups
Recommended User Height	Adults or teens (47-73 inches tall)
Sport Type	Boxing, Kickboxing, Mixed Martial Arts, Muay Thai

## 9. WARRANTY INFORMATION

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This Dripex Freestanding Punching Bag comes with a **12-month warranty** from the date of purchase. This warranty covers manufacturing defects under normal use. Please retain your proof of purchase for warranty claims. For warranty service or inquiries, please contact Dripex customer support.

## 10. CUSTOMER SUPPORT

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If you encounter any problems with your product or have questions not covered in this manual, please contact Dripex customer support for assistance. You can typically find contact information on the product packaging or the official Dripex website.

When contacting support, please provide your product model number (B0FV8SL3K6) and a detailed description of the issue.

