

# BBE - 095 HURRICANE AIR/WATER PUNCH BAG

## SAFETY GUIDELINES:

Please read and follow the following safety guidelines:

Before beginning any exercise program, you should consult with your doctor.

It is recommended that you undergo a complete physical examination.

Read this owner's manual and follow the instructions.

- Always wear boxing gloves or bag mitts when using this product.
- Always use this product in adequate space e.g. at least 2 m clearance on all sides.
- Do not allow children to use this product unless supervised by a responsible adult.
- Always check the product before using it, in particular make sure the valves are tightened.
- Wear proper workout clothing: Do not wear loose clothing.
- Wear proper training shoes.
- Consult your physician before commencing an exercise program.
- Work within your exercise level, do **NOT** work to exhaustion.
- If you feel any pain or abnormal symptoms, **STOP YOUR WORKOUT IMMEDIATELY** and consult your physician.

## CAUTION

1. This bag works best if hung in a room that is kept at a constant temperature. We do not recommend that you hang this bag outside. Avoid exposing the bag to extreme temperatures (hot or cold).
2. Temperature change affect the air pressure of the bag to lose some pressure. Hot temperatures will cause the air to expand. In this case some air must be let out to prevent the bag from becoming over-inflated.
3. Never remove the water chamber valve while the air chamber is inflated. When the bag is fully inflated the water is under pressure. Removing the water valve will cause the water to spill out at a high velocity.

## WARNING

- This product is not to be used as a flotation device.
- This product is not for use in water.
- Keep product away from sharp objects and hot surfaces. Failure to do so will cause the air and water sections to puncture.
- Never use compress, Co2, compressed air or a hair dryer, as this could be dangerous.

## CARE AND MAINTENANCE

Always check the product before using it, in particular make sure it is assembled correctly.

Use a warm damp cloth with mild detergent to keep your punch bag clean.

## TOOL REQUIRED

1 x Foot Pump.

SHOULD YOU REQUIRE ANY ASSISTANCE WITH THIS PRODUCT CONTACT OUR HELPLINE.

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## INSTRUCTION MANUAL



**BBE**  
BRITANNIA BOXING

www.bbe-boxing.com

*Hurricane*  
AIR WATER PUNCH BAG

Supplied  
by

  
**YORK**  
FITNESS

04/2003 TWN



# BBE - 095 HURRICANE AIR/WATER PUNCH BAG ASSEMBLY INSTRUCTION



1. Un-zip the top of the punchbag to expose the air and water valves.  
Check to make sure the air and water sections are laying flat in the bag.



2. After placing the footpump onto the floor, insert the nozzle tightly and inflate the air section.



3. **NOTE:** Just enough to give the bag some structure to stand by itself.  
**DO NOT FULLY INFLATE YET.**



4. Unscrew the valve body with the valve cap still attached.



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5. Stand the bag up and fill the water section using a hose. (Make sure the bag is stable whilst doing this.)  
Adjust the water level to achieve the desired weight. (When full the bag will weigh approximately 20-22 kg (20-22 Litres)).



6. Screw the valve body into the valve tightly.



7. Inflate the air section until bag feels firm to the touch if necessary.  
**DO NOT OVER INFLATE.**  
(The feel & weight of the bag can be adjusted slightly by changing the air/water volume slightly.)



8. When desired inflation is obtained, insert the air-stop and zip up the top of the punchbag.  
Now it is ready to be hung up and used.