Punching Bag (09-0017)

The Punching Bag comes with the straps attached through an attachment ring. The ring may be attached to a Swing Hanger using attachment methods #1 or #2.

The Punching Bag is 9" diameter x 42" tall The overall height is 53-1/2". The material is a heavy-duty marine grade vinyl.

Filling the Punching Bag:

- 1. (Optional) Purchase sand (up to 5lbs) Use a funnel with a 3/4" diameter or less spout. Place the spout in the fill port at the top and funnel 5lbs or less of sand inside. Wipe any sand or debris from the port threads. Screw on the cap onto the port.
- 2: Hold the round portion of the cap and unscrew the square portion of the cap. This will leave a small port to blow air through. Using your breath blow into the Punching Bag until the bag is firm. Screw the square portion of the cap onto the round portion of the cap.

