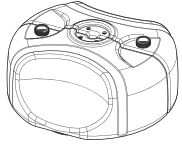


**PARTS LIST**



A. Base  
x 2



B. Base Cap  
x 2



C. Base Support Plate  
x 2



D. Base Plug  
x 1



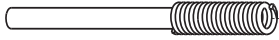
E. Base Plug Cover  
x 1



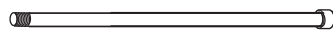
F. Base Plate  
x 1



G. Spring Cover Cap  
x 1



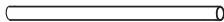
H. Lower Pole  
x 1



I. Middle Pole  
(With a detached plastic ring in the pack)  
x 1



J. Height Adjustment Knob  
x 1



K. Upper Pole  
x 1



L. Foam Cover  
x 1



M. Punch Ball  
x 1



N. Bolt M8 x 50mm  
x 1



O. Bolt M8 x 12mm  
x 4



P. Bolt M8 x 16mm  
x 4



Q. Bolt M6 x 30mm  
x 2



R. Nut M6  
x 2

**MANUAL**

**SPEEDBALL ON STAND**

**14TUSBO108**



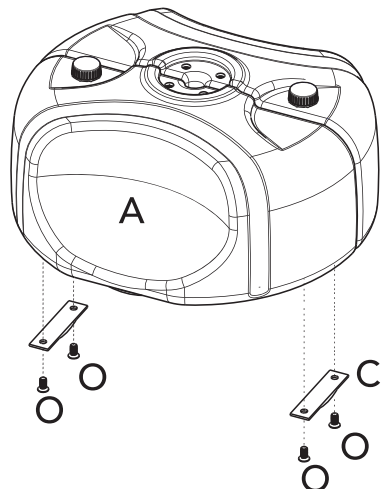
**More info**



**FEEL BETTER EVERY DAY**

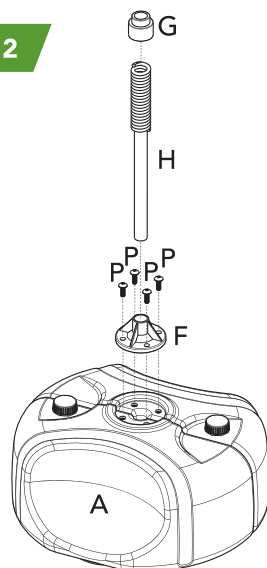
## ASSEMBLY INSTRUCTIONS

### STEP 1



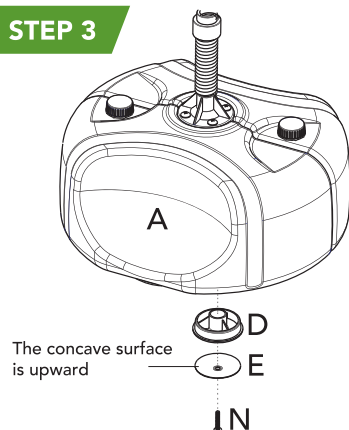
Turn the 2 x Base (A) over and connect them using 2 x Base Support Plate (C) and 4 x Bolts M8 x 8mm (O).

### STEP 2



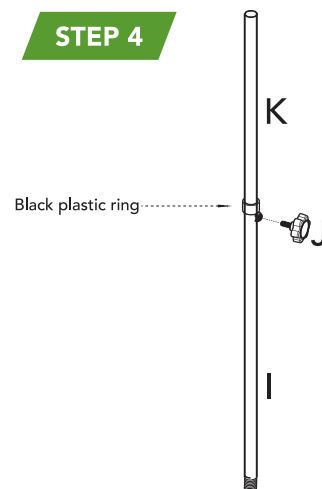
Attach Base Plate (F) to the Base (A) using 4 x Bolts M8 x 16mm (P). Place Spring Cover Cap (G) over the Lower Pole (H) and twist clockwise, until firmly secured. Slide Lower Pole (H) through the hole at the top of Base Plate (F) until the coil on the end of Lower Pole (H) sits on top of the Base Plate (F).

### STEP 3



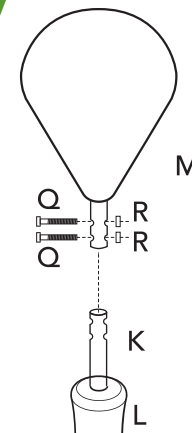
Turn Base (A) over and then place Base Plug (D) into the hole of the Base (A), cover Base Plug (D) with Base Plug Cover (E) and secure them into place using Bolt M6 x 40mm (N).

### STEP 4



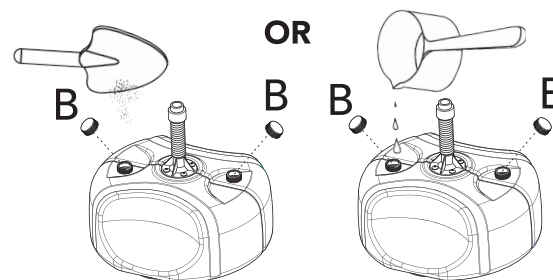
Loosen Height Adjustment Knob (J) on the Middle Pole (I) by twisting counter-clockwise and slide Upper Pole (K) into the Middle Pole (I). Adjust the length of the Upper Pole (K) to the desired height and secure it into place by twisting Height Adjustment Knob (J) clockwise until it is firmly in place.

### STEP 5



Slide Foam Cover (L) over Upper Pole (K). Secure the Punch Ball (M) to the Upper Pole (K) with Bolt M6 (Q) and Nut M6 (E). Adjust the position of the Foam Cover (L) so it sits just beneath the Punch Ball (M).

### STEP 6



Place 2 x Base (A) on the ground and remove 2 x Base Cap (B). Fill the Base (A) with either water or sand and then screw the Base Caps (B) back onto the Base (A).

### STEP 7

Slide the part of step 5 into the part of step 6 and screw the Middle Pole (I) into the Spring Cover Cap (G). Ensure all the parts are connected firmly.

### Finish

Note:  
Height is Adjustable.  
There is a Max. Height Marked on Upper Pole (K).

