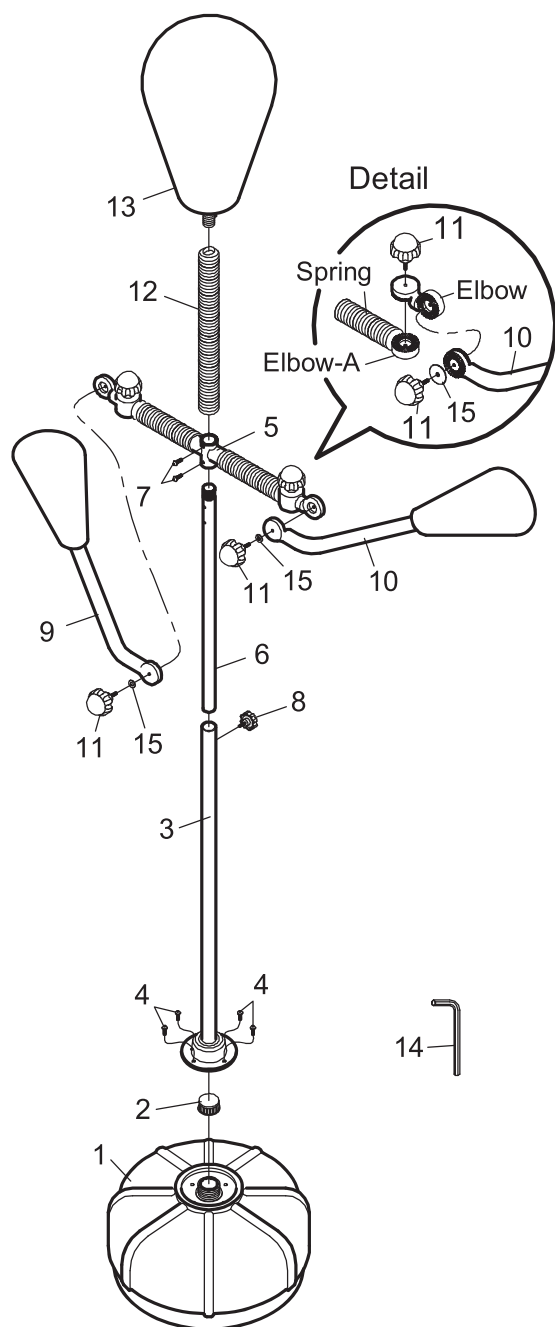


BetaFlex®
Aerobic Kickboxing Trainer
OVERVIEW CHART



PARTS LIST

No.	Description	Q'ty
1	Base	1
2	Cap	1
3	Lower Support	1
4	Bolt	4
5	Cross Beam Set	1
6	Adjustable Bar	1
7	Bolt	2
8	Lock Knob	1
9	Left Arm	1
10	Right Arm	1
11	Adjustable Knob	2
12	Spring	1
13	Boxing Aid	1
14	Allen Wrench	1
15	Flat Washer	2

ASSEMBLY & INSTRUCTIONS

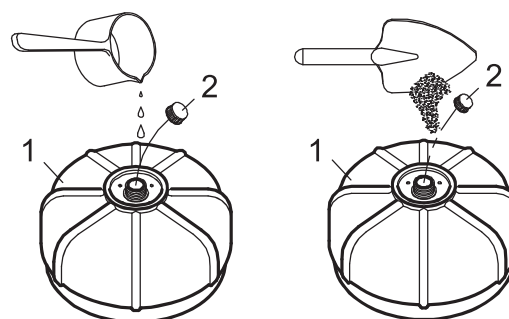


FIGURE A

FIGURE B

Step 1

Open the Cap (2) on the Base (1) fills the Base (1) and with Water or Sand. Then close the Cap (2) as shown in Figure A & Figure B.

Step 2

Slide the Lower Support (3) onto the Base (1) with four Bolts (4). *This step to use Allen wrench (14) see Overview Chart.*

Step 3

Re-move Lock Knob (8) first, and then enter Adjustable Bar (6) into the top end of the Lower Support (3) re-insert the Lock Knob (8) to assemble. *This steps to use hands.*

Step 4

Slide the Cross Beam Set (5) onto the Adjustable Bar (6) end of the top with two Bolts (7) see Overview Chart. *This steps to use Allen Wrench (14) to make sure a complete set.*

Step 5

Assemble Left Arm (9) to the left toggle with Washer (15) and Adjustable Knob (11). And repeat steps to fix the Right Arm (10) with Flat Washer (15) Adjustable Knob (7) see **Detail**. *This steps to use hands. Please confirm locking Bolts indeed. Adjustable Arms (9 & 10) angle adjust with Adjustable Knobs (11).*

Step 6

Screw the Spring (12) end of the Adjustable Bar (6) see Overview Chart. *This steps to use hands.* Assemble the Boxing Aid (13) screw the top from the Adjustable Bar (6) see Overview Chart. *Adjustments the Adjustable Bar (6) height, you can re-move the Locking Knob (8) first, and adjustments Adjustable Bar (6) to adjust the top and down to adjusting you height.*

CAUTION:

- ❌ Do not use Boxing stand by the hand with other things.
- ❌ Do not use Boxing stand by the Sports shoes or Boxing shoes with other things.

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