

# AQUA PUNCH BAG.

Ideal for a variety of striking exercises for boxing, MMA or general fitness, this heavy duty bag offers increased safety and a much more responsive feel than many traditional bags.

## TECHNICAL INFORMATION.

### WARRANTY:

12 months.

### MATERIALS:

Vinyl / PVC outer.

### DIMENSIONS:

H710mm (28in) x W550mm  
(22in) DIA (+/- 5%).

### WEIGHT:

85kg (187lbs) max (+/- 5%).



## KEY FEATURES.



Realistic feel, similar to a human torso.



Teardrop shape allows the user to work under the bag and perform uppercuts.



Impact absorbing water core.

## TOP BENEFITS.

- Refillable, the bag keeps its shape.
- Increased safety and easier on the joints.
- A more responsive feel than many material filled bags.
- Quick and easy to fill.
- Can be used indoors or outdoors.

# AQUA PUNCH BAG.

## FILLING INSTRUCTIONS AND GUIDELINES.

### WHAT COMES WITH YOUR AQUA BAG?

- D-bolt with a lag screw
- A nozzle for a garden hose
- A rope
- A screwdriver (not included)

### HOW TO FILL AN AQUA PUNCHBAG?

- Attach the D-bolt to the plastic eye on the top of the punchbag and lock it with the lag screw.
- Loop the rope with the EMPTY punchbag around a concrete or wooden beam, strong enough to support the full weight (the heaviest punchbag filled with water can be over 100kg).
- The height of the top of the punchbag must be at the level of your own head.
- Open the plug on the top part of the punchbag, and put the nozzle in. (use the plug on the top, NEVER the plug in the mid section).
- Add some drops of chlorine bleach to prevent the decay of the water.
- Attach a garden hose to the nozzle and fill the punchbag to the right weight.
- Before you fill the punchbag with water, immerse the bag in warm water. The best way to fill the punchbag is with warm (not boiling) water.
- Close the plug.

**PLEASE NOTE:** The more water you fill your Aqua punchbag with the harder it will be, let out some water if you desire a bit of a softer hit. If you have filled to your desired amount and there are “wrinkles” top it off with air. You can do this with an inflation needle that pumps up a soccer ball or football, all with keeping the plug inside your Aqua punchbag. Our black plugs can accommodate the inflation needles.

### HOW TO DRAIN AN AQUA PUNCHBAG.

To drain an Aqua punchbag, you will want to ensure it is no longer hanging. It will be best to put it on the ground outside or in the shower or bathtub. You then need to unscrew and remove the plug, and then push/squeeze the water out. Go ahead, put your body into it.

### GUIDELINES FOR AQUA PUNCHBAGS.

#### DO AQUA PUNCH BAGS COME WITH CHAINS TO HANG IT?

No, Aqua Punch Bag do not come with hanging chains. Hanging chains are sold separately. All Aqua Punch Bag come with 1 custom-sized shackle.

#### HOW FAR APART SHOULD YOU HANG AQUA TRAINING BAGS IN A GROUP SETTING?

3-4 feet between each Aqua Punch Bag is optimal room for each user in a group setting.

#### HOW HIGH SHOULD AQUA PUNCH BAGS BE HANGED IN A GROUP SETTING?

It is best to figure out your average height of users/members. Hang the Aqua Punch Bag so the equator hits 5' 2" as a starting point. Another option would be to hang your bags at different heights, especially if the range of heights of your members is dramatic.

#### CAN AQUA PUNCH BAG BE HANGED OUTDOORS?

Yes, Aqua punchbag can be hanged outdoors. They are waterproof and are made with UV resistance. Just be careful if you live in a colder climate, the water in your Aqua Punch Bag will freeze in correlating temperatures.