

USER MANUAL

HUBXGST5STN - HUBXGST3STN

Boxing Punching Bag with Stand

Unique Elements

- **Safe & Durable:** High-quality synthetic leather and sturdy springs for secure play
- **Family Bonding:** Encourages interaction between parents, children, and friends
- **Screen-Free:** Keeps kids and teens active and engaged away from screens
- **Speed & Strength:** Enhances children's speed and self-defense skills

Features

- Soft, durable padding for comfortable training
- Spring-mounted shaft for quick rebound speed
- Durable synthetic leather for long-lasting use
- Height-adjustable stand for different training needs
- Durable base can be easily filled with either water or sand for maximum stability
- Quick, easy setup with minimal assembly
- Perfect for strength, reflex, coordination, and full-body workouts
- Space-saving design for easy storage in compact areas
- Includes gloves and pump for a complete setup
- Ideal for both beginners and experienced users, providing versatile training

What's in the Box

- Punching bag
 - 5 ft (HUBXGST5STN)
 - 3 ft (HUBXGST3STN)
- Adjustable stand
- Set of boxing gloves
- Pump for inflation

Technical Specs

- **Construction Materials:** Synthetic leather bag, steel stand, PE base
- **Stand:** Powder-coated steel for stability and durability
- **Usage:** Great for boxing, MMA, and general fitness; suitable for all training levels
- **Assembly:** Easy setup with included tools and instructions
- **HUBXGST5STN (5 FT)**
 - Item Weight: 5.39 lbs
 - Height: Adjustable from 50 to 58 inches
 - Base Dimensions (L x D): 17.3 x 5.1 inches
 - Punching Bag with Stand Dimensions (L x W x H): 17.3 x 5.1 x 58 inches
- **HUBXGST3STN (3 FT)**
 - Item Weight: 2.70 lbs
 - Height: Adjustable from 30 to 42 inches
 - Base Dimensions (L x D): 13.3 x 3.15 inches
 - Punching Bag with Stand Dimensions (L x W x H): 13.4 x 3.1 x 42.5 inches

California Prop 65 Warning

⚠ WARNING:

This product may expose you to chemicals, which is known to the state of California to cause cancer, birth defects and other reproductive harm. Do not ingest. For more info go to: www.P65warnings.ca.gov



Questions? Comments?

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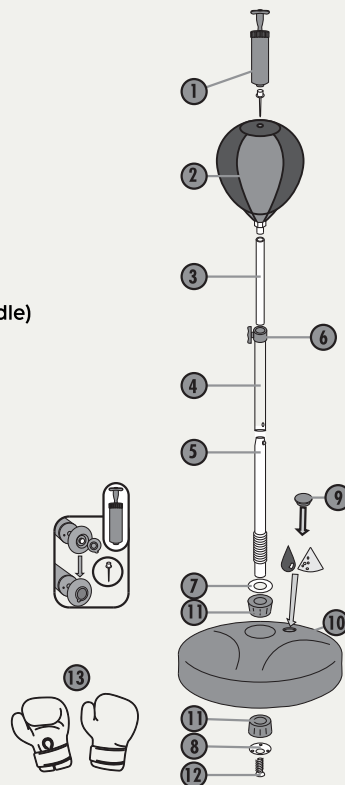
HUBXGST5STN

HUBXGST3STN

Parts List

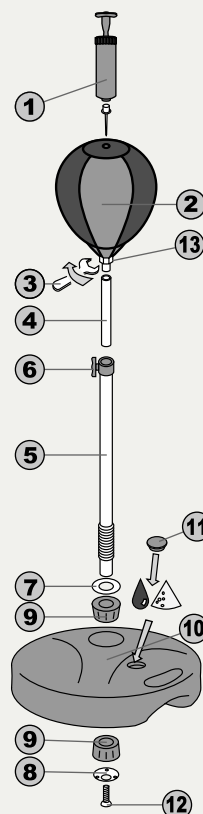
HUBXGST5STN

1. Pump (needle stored in the handle)
2. Punching Ball
3. Short Pole
4. Medium-Length Pole
5. Long Pole with Spring
6. Height Adjustment Buckle
7. Ring with Large Opening
8. Ring with Small Opening
9. Base Plug
10. Base (fill with sand or water)
11. Base Plug
12. Screw
13. Boxing Gloves

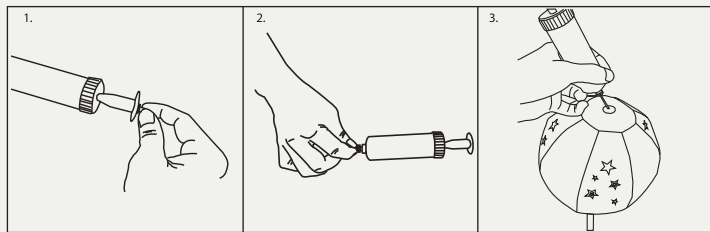


HUBXGST3STN

1. Pump
2. Inflatable Speed Ball
3. Spanner
4. Top Pole
5. Bottom Pole
6. Fixing Clamp
7. Metal Washer – Top
8. Metal Washer – Bottom
9. Plastic Washer
10. Plastic Weight Base
11. Cover over Filter
12. Bolt
13. Nut

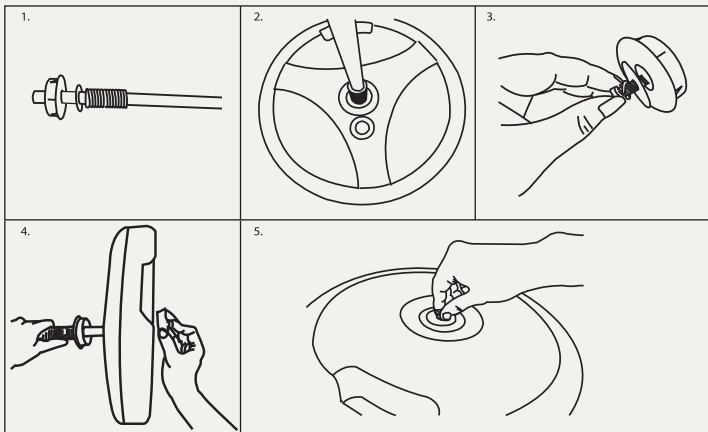


How to Inflate the Speed Ball



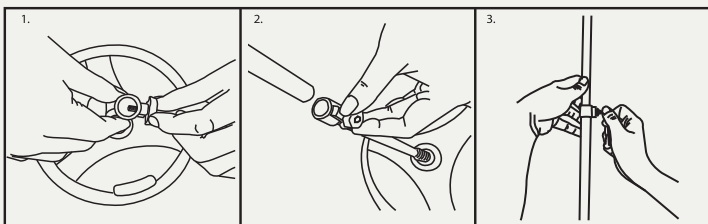
1. Take the hand pump out of the package. Remove the cover from the back of the pump handle. Take out the ball pin from inside the pump handle.
2. Insert the ball pin into the front of the pump.
3. Insert the ball pin into the air valve of the speed ball (2) and inflate the ball.

How to Install the Weight Base



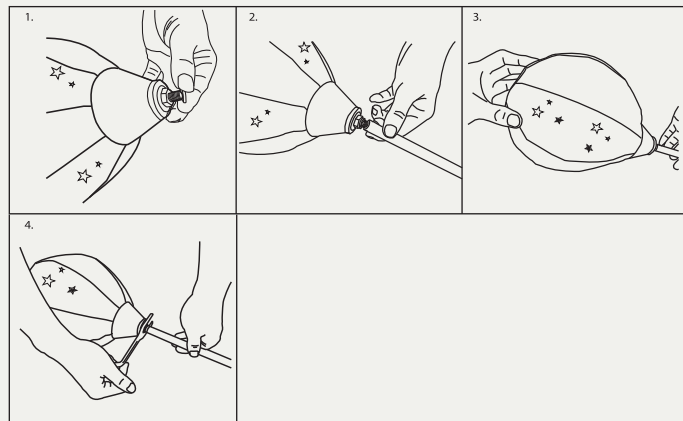
1. As shown in the figure, take out the bottom pole (5). Place the metal washer (7) and plastic washer (9) onto the bottom of the pole (5).
2. Insert the bottom pole (5) into the weight base (10).
3. Take out the bolt (12). Place the metal washer (8) and plastic washer (9) onto the bolt (12).
4. Hold the bottom pole (5) and weight base (10) upright as shown in the picture.
5. Insert the bolt (12) into the end of the pole (5) from the bottom of the weight base (10). Tighten the bolt (12).

How to Install Top Pole and Adjust to Desired Height



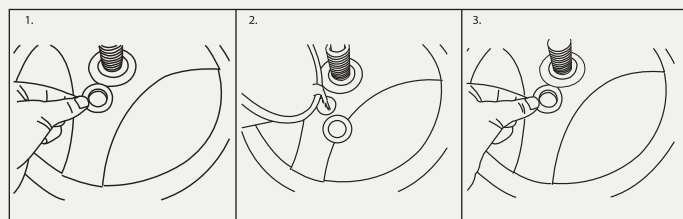
1. Loosen the fixing clamp (6).
2. Insert the top pole (4) into the bottom pole (5). Adjust the height to the desired level.
 - Adjustable range: 50–58 inches (Model: HUBXGST5STN)
 - Adjustable range: 30–42 inches (Model: HUBXGST3STN)
3. Tighten the fixing clamp (6).

How to Install the Speed Ball onto the Pole



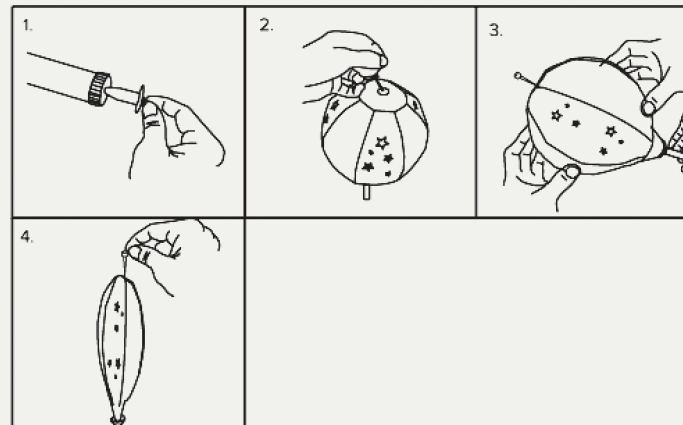
1. Take the inflated speed ball (2). Place the bolt at the bottom.
2. Insert the ball bolt into the top pole (4).
3. Rotate the ball clockwise so the bolt threads into the top pole (4).
4. Rotate the nut (13) to tighten the ball (2) to the pole (4).

How to Fill the Weight Base with Water or Sand



1. Remove the cover (11).
2. Fill the base with water or sand.
3. Replace the cover (11) onto the base.

How to Deflate the Speed Ball



1. Remove the ball pin from the pump.
2. Insert the ball pin into the air valve of the speed ball (2) while applying slight pressure to the ball.
3. When air begins to escape through the ball pin, continue applying pressure until the speed ball (2) is completely deflated.
4. Remove the ball pin from the speed ball (2) after deflation.

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⚠ WARNING: Adult assembly required.
⚠ WARNING: CHOKING HAZARD – Small parts.
Not for children under 3 years.