

FitRx™

PUNCH H2O

WELCOME TO THE FITRX FAM!

Get ready to discover a whole new level of power and performance. The FitRx Punch H2O utilizes water's inherent properties to absorb kinetic energy while allowing for more give than traditional sand-heavy bags, letting you train as hard as you want without sacrificing power or safety. Adjustable, versatile, and constructed from high-quality materials, the FitRx Punch H2O can take every blow you throw at it.

INCLUDED

Boxing water bladder
Outer bag
Air pump

PVC water pipe
User guide

SETTING UP

Please read this user guide in its entirety before setting up or using the FitRx Punch H2O. Keep this user guide for future reference.

1. Fit the outer bag over the water bladder.
2. Remove the black water cap. Then, with the aid of the PVC water pipe, fill 80-85% of the bladder with water.
3. Attach the air pump tube to the air pump. Then, connect the tube to the gray air nozzle located at the top of the bladder.
4. Use the air pump to fill the remaining space inside the bladder with air.
5. Hang the FitRx Punch H2O by its slings from a sturdy ceiling or stand mount.

SPECIFICATIONS

Water bag dimensions: 56.7 x 11.4 in.

Outer bag dimensions: 55.1 x 17.5 x 0.1 in.

Net weight: 9.6 lbs.

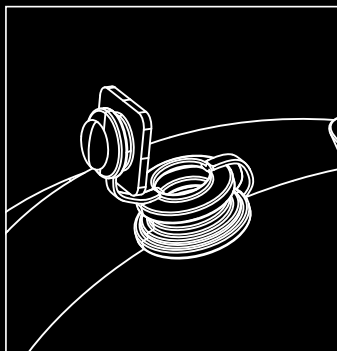


Are you Ready?

ADJUSTING THE WEIGHT

The FitRx Punch H2O's weight can be customized to suit your exercise preferences.

To add weight:



1. Remove the black water cap, then release all the air inside the bladder.



2. Use the included water pipe to add water to the bladder. Make sure not to fill the bladder over 90% capacity.



3. Fill the remaining space with air using the included air pump.

To reduce weight:

1. Remove the black water cap and pour out the desired amount of water over a large sink or outside.
2. Fill the remaining space with air using the included air pump.

SAFETY PRECAUTIONS

Never hang or place a filled FitRx Punch H2O in a location subject to below-freezing temperatures.

Fill the bladder using room temperature water only. Using hot water may damage the bladder.

Do not use sharp objects around the FitRx Punch H2O.

Make sure to carefully inspect the bag for damage, wear and tear, or leaks before every use.

Please consult with a doctor before starting a new exercise program or training regimen.

Do not overfill the bladder.

Always keep the area around the FitRx Punch H2O clear of any objects or obstacles.

Exercise caution when lifting, carrying, or moving the boxing bag to prevent back injuries.

Make sure to only hang the Punch H2O from a sturdy, secure ceiling or stand mount.

CUSTOMER SERVICE

If you have any questions or concerns regarding product use and/or care, please contact Customer Support at: **support@tzumi.com** or **1-855-60-TZUMI**.

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