

YTBWK Instructions:

Included: Water Injection Bladder, Sponge Rubber Neoprene Bag Cover, Foot Air Pump, Repair Kit

Needed: A standard Garden Hose and water outlet is required

1. Filling the Bladder with Water

On clear floor space, lay the grey color bladder out. Unscrew the grey tri-prong cap on the top. Insert the end of the air pump into the opening and turn to attach. Using your foot, pump the bladder with air until full. Do not over inflate the bladder, just fill it with air. Remove the air pump from the top insert and re-secure the tri-prong cap. Filling the bladder with air first helps eliminate any creases or folds that can occur during shipping, that can cause pinches in the bladder during the water filling stage below.

2. Unscrew the black nozzle cap on top of the bladder. Let most of the air that you pumped in above escape through the black water injection nozzle cap. Connect the female hose end to the black nozzle. You can also unscrew the base of the black nozzle to use the male end of the garden hose, if needed. Proceed to fill the bladder with no more than 90% water, remove the garden hose end from the black nozzle and replace the cap on top. (See “Adjusting the Weight of the Bag” below to fill to less than advertised maximum weight). Next, reinsert the air pump into the grey tri-prong cap and fill the remaining space with air until slightly firm, but not tight. Never fill the bladder with more than 90% water, as the bag needs at least 10% air capacity to work and function properly.
3. Detach the two Velcro attachments on the top center of the neoprene bag cover. Then attach the bag cover by sliding the open end over the top of the bladder and work down until the bottom of the bag cover is securely around the bottom of the bladder. Rotate or position the bag cover so the four seatbelt nylon hanging straps on the top of the bladder are extended through the top of the bag cover – two straps through each top side opening – then reattach the two Velcro tabs.
4. Hang the TITLE Typhoon H2O Water Heavy Bag from a secure ceiling or stand mount. A heavy bag swivel attachment is recommended to allow the bag to turn naturally without twisting and tangling the heavy bag hanging chain assembly.

Adjusting the Weight of the Bag

The weight of the H2O Water Heavy Bag can be customized according to personal preference or user needs. The filled weight shall never exceed the listed maximum weight of the heavy bag. To fill to less than advertised maximum weight simply fill the grey water bladder with water until you reach the desired weight and stop. You can use a standard bathroom scale to check the actual weight while filling the bladder with the garden hose. Always remember to fill the remaining space in the filled bladder with air, and secure both caps on top the bladder securely.

Adding Weight to the Bag

To add water weight to the H2O Water Heavy Bag that is not filled to 90% capacity. Remove the black water insert cap to release all the current air inside the bladder. Then insert the garden hose in the black water insert and fill to desired weight, not exceeding 90% capacity. Be sure to add air to fill the remaining space in the bladder using the air foot pump in the grey top air hole nozzle.

Reducing Weight to a Bag

To lighten the water weight of an H2O Water Heavy Bag that is already filled with water, take the heavy bag to a large sink or outside. Remove the black water insert hole cap, tilt the bag and remove the desired amount of water. You can use a standard bathroom scale to achieve your desired weight, if needed. Replace the black water insert cap. Be sure to add air to fill the remaining space in the bladder using the air foot pump in the grey top air hole nozzle.

5. Removal and Moving Instructions

Remove the hanging H2O Water Heavy Bag from the hanger. Open the two Velcro pockets on top of the neoprene bag cover to find the black water insert nozzle. Using a large sink or taking outside, open the black water insert nozzle and pour out all the water contents until the bladder is completely drained. Reinsert the cap of the water insert nozzle. If storing for a long time, you will need to fill the bladder with enough air to ensure that the bladder will not crease and crack, due to dry, folded storage.

WARNINGS

- Check the heavy bag before every use to make sure it is in excellent and stable condition, all parts are secure and in proper working condition, including the hanging chains, straps, D-rings, hanging mount and water filled bladder.

- Never hang or place the filled H2O Water Heavy Bag in temperatures below 35 degrees Fahrenheit. If the water in the bladder freezes, it will most likely crack or damage the bladder. Water Heavy Bags that are exposed to freezing temperatures are not covered by warranty.
- Only fill the bladder with room temperature faucet or hose water. Do not use hot water to fill the bladder.
- Never use or have sharp objects around the H2O Heavy Bag.
- A repair kit is included if your bladder ever experiences a small leak. After repair, the use and action on the bag will not be affected.
- Always consult a physician before beginning any workout and exercise program.
- It is recommended that you always wear hand wraps and well-padded bag gloves whenever you train on the heavy bag.
- Always keep the area around the heavy bag clear of all objects before and during training.
- Filling the H2O Water Heavy Bag to more than the advertised weight and/or more than 90% water capacity nullifies any warranty.