

BAG SET UP

Setting up your bag can be strenuous - we like to view it as the workout before the workout. But you joined FightCamp for a reason and this is the first step in your fitness journey!

Step 1: Materials



Sand

Get 350 lbs of silica or basilla sand. This can be purchased at your local hardware store.

Do NOT use play sand, moist or wet sand.



Funnel

Use a large funnel to speed up the filling process. This can be purchased online or at an auto shop.



Tape

Use duct tape to secure the funnel to the bag while filling.

Step 2: Filling the Bag Base

Unscrew the lid from your bag base and set aside. Use duct tape to secure funnel to base. Pour sand into funnel. Shake the base to evenly disperse sand. Continue process until base is full.

Heavy hitter? We respect that - add water on top of your sand to add an extra 100 lbs of stability.

Alternative Options

Water: Water is convenient and will be easier to fill, empty, and move around when needed. The bag will be lighter at 250 lbs, which means it may move during your workouts.

Base Gel: This can be purchased online. Pour 2/3 of the gel into the base of the bag & fill the remainder of the base with water, leaving a half-inch of room from the top. In 3-5 minutes the gel will absorb the water. Another benefit of this option is that base gel can be turned back into water by adding salt.

Still have questions? We're here to help!
Email us at info@joinfightcamp.com

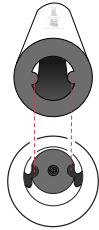


Bag Fill Video

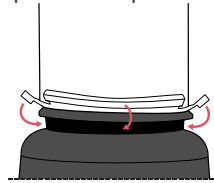
Step 3: Attach Bag Top

WARNING: Do not hit the bag top until all four flaps have been fully secured, as this may cause irreversible damage. Hitting the bag before it's been assembled will void the warranty.

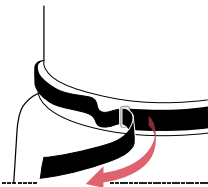
- 1 Slide the white bag top down the middle of the base



- 2 Once the bag top has been lowered down the middle of the base, pull the flaps of the bag top over the lip of the base



- 3 When the flaps are secured over the lip, work the straps through the buckle. Ensure the straps are pulled tight to avoid bag top movement



- 4 Once secured, the velcro straps should be flush with the base. If there's more than a 1/2 inch gap between the velcro straps and bag base, watch the recommended video and try again



Bag Setup Video

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