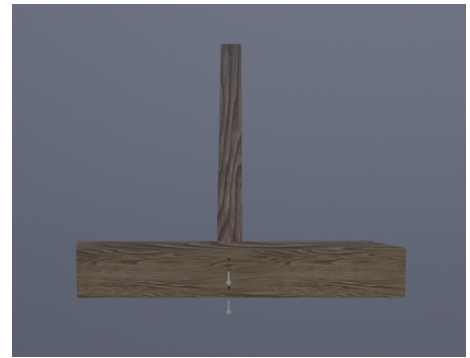


We encourage you to follow the following instructions to set up the Dummy.

## Set the columns

Screw the column with their stick-leg. For this, you have to use the 100x50 screws. Do that with both sides.

### STEP 01



### STEP 02

## Start the Structure

Screw the "floor" stick (the one that will be screwed over the two stick-legs). Always checking the numbers.

## The back

Screw the "floor" stick (that will be screwed behind the two stick-legs). Always checking the numbers. Each number with their number.

### STEP 03



### STEP 04

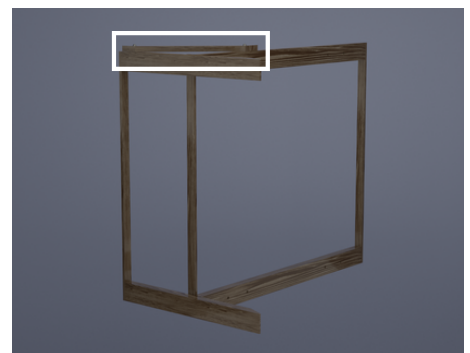
## The top

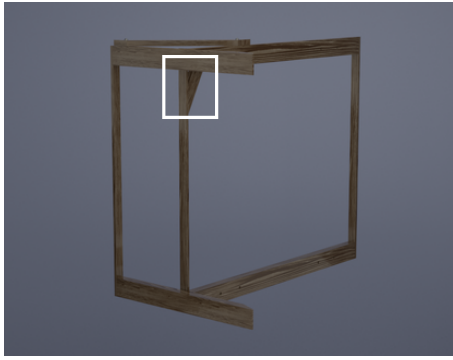
Turn over the structure on its side. Screw the "roof" stick, checking the numbers, over the two columns. The "roof" word and the numbers will be looking up.

## Reinforcements

To screw this one, you should keep the structure on its side on the floor too. Again, check the numbers of the piece.

### STEP 05





## STEP 06

## Reinforcements

To screw this one, you should keep the structure on its side on the floor too. Again, check the numbers of the piece.

## Finishing up

When you have done with the four sticks, two for every side, then you will have the structure like this.

## STEP 07



## STEP 08

## Preparing Dummy

Now it's the moment to hang the Dummy. First of all, insert the "up" crossmember into the Dummy. You can put now the "down" crossmember too, if not, put it when you have hanged the Dummy.

## Dummy hanged

In this step, you have to insert the "down" crossmember if you didn't do it in the previous step.

## STEP 09



## STEP 10

## Ready to train

Now, you only have to put the arms and the leg on its place.