



# HOW TO PREPARE YOUR SANDBAG

## WHAT YOU WILL NEED



sandbag



innercase



washed pebbles



gaffer tape



polypropylene bag

included

not included

## STEPS

Despite the name, the best contents for your sandbag are small washed pebbles. This will minimise mess in your gym, as well as prolonging the lifespan of the sandbag.

1. Fill innercase with washed pebbles.
2. Wrap filled innercase with polypropylene bag (see image to right)
3. Seal pp bag around innercase with gaffer tape
4. Repeat steps with all innercases

