

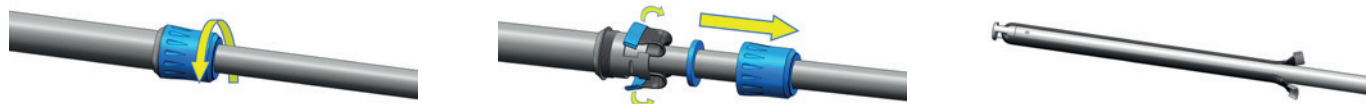
# Att demontera BungyPump stavar



**Steg 1.** Håll del B med ena handen och del C med den andra. Börja vrida del C moturs tills röret är löst. Dra ut del C helt.



**Steg 2.** Den svarta kåpan på del A kan skruvas isär. Vrid den nedre delen av den svarta kåpan moturs tills den har kommit loss helt. Peta loss metall låsbleck och ta isär delarna inkl resårband.



**Steg 3.** Nu har staven tagits isär i tre delar. På samma sätt skall staven monterats ihop igen.



www.bungypump.se  
info@bungypump.se  
0660-585 89

**BUNGYPUMP**  
*of Sweden*

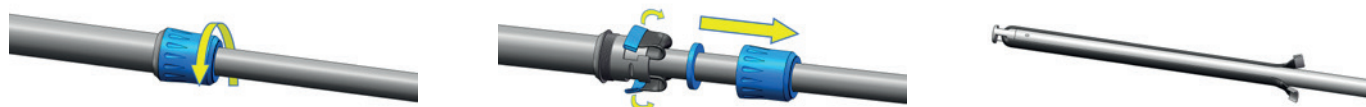
# To disassemble BungyPump poles



**Step 1.** Grip part B with one hand and part C with the other. Start twisting part C counter clock-wise until it can slide loosely. Pull out part C completely.



**Step 2.** The black twist cap located on part A, on the lower part of the upper tube, can be removed. Twist the black cap counter clock-wise until it has come undone completely. Slide the black twist cap down and pull out part B with the resistance band attached to it.



**Step 3.** Now the pole should be disassembled into three pieces. The same way to assemble the pole.



www.bungypump.se  
info@bungypump.se  
+46 660 585 89

**BUNGYPUMP**  
*of Sweden*