1. The Punching Bag comes with a short section of chain attached to it with an "S"-hook.

2. Attach the end of the chain to a swing hanger with a "spring clip" (not included) or "S-hook" (not included). The end of the chain may also be placed over the end of a "hook style" swing hanger.

The Punching Bag is 10-1/2" diameter x 53 inches tall. The material is a heavy-duty marine grade vinyl with a high density foam cylinder inside.