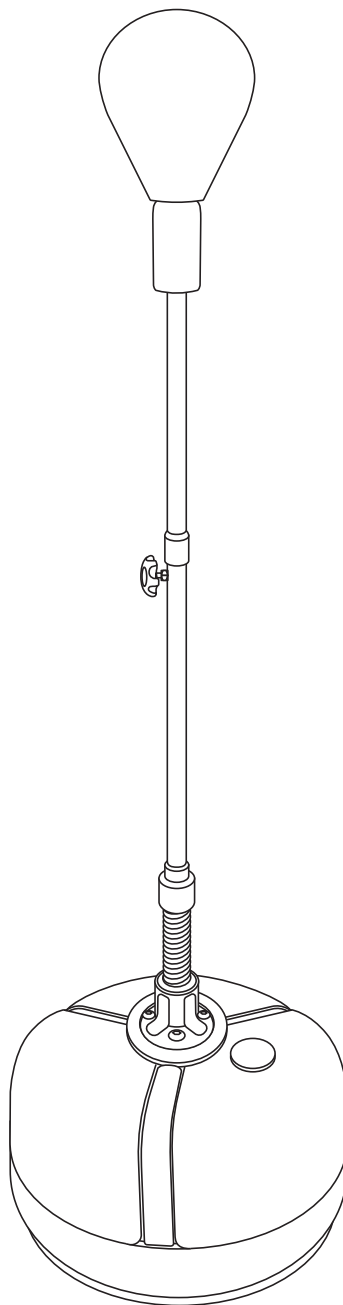




## PUNCHING BAG WITH STAND



101288

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## **General information**

Please make sure that everyone using the device has read and understood the assembly and operating instructions. These instructions are an integral component of the product and must be kept in a safe place so that they can be referred to at any time if necessary. Ensure that the safety and maintenance instructions are followed exactly. Any use that deviates from these instructions may lead to health hazards, accidents, or damage to the device, for which neither the manufacturer nor the distributor can be held liable.

## **Personal safety**

Before using the device, consult your family doctor to ensure it's suitable for your health, especially if you have a family history of high blood pressure or heart disease, smoke, have high cholesterol, are overweight, or haven't exercised regularly in the past year. If you're on medication affecting your heart rate, seek medical advice. Note that overexertion can harm your health. Stop exercising immediately and seek medical help if you feel weak, nauseous, dizzy, experience pain, shortness of breath, or any unusual symptoms during exercise.

Sports equipment isn't a toy. It's usually meant for one person at a time to train safely, following the provided instructions. Children, individuals with disabilities, or those impaired physically or mentally should only use the equipment under supervision and with assistance available. Prevent unsupervised access by children. Ensure users and others avoid placing any body parts near moving components.

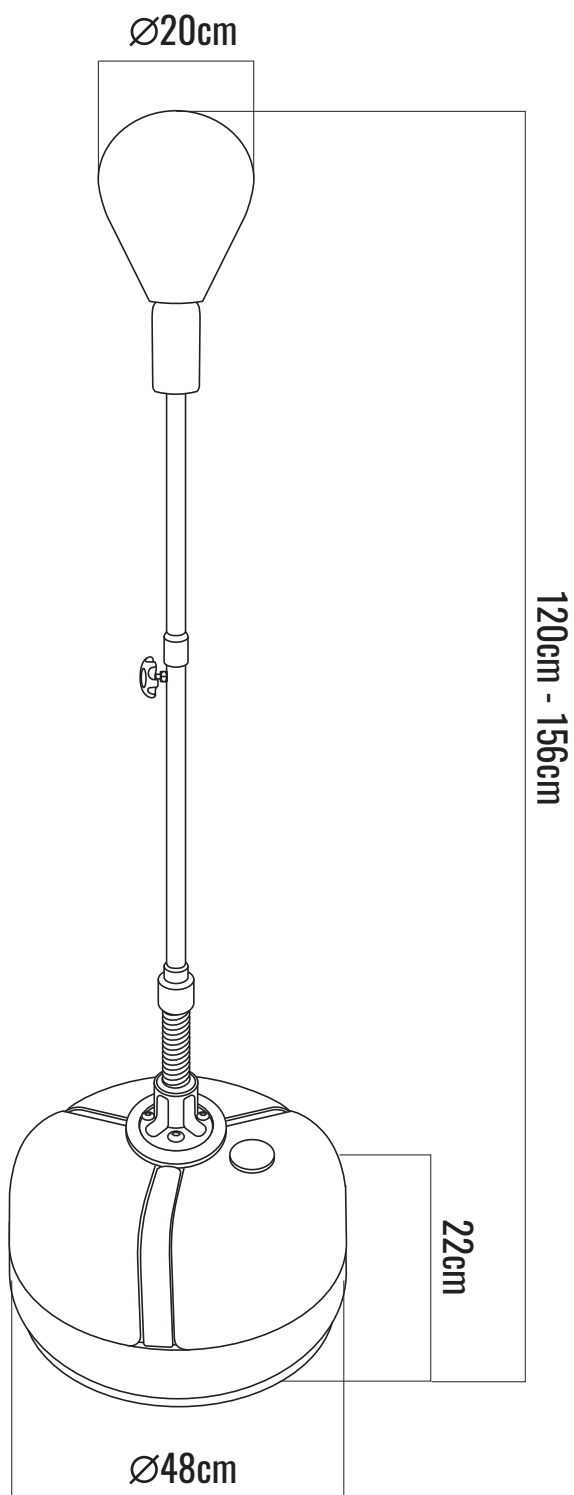
Wear appropriate workout attire and shoes when using the device. Clothing should be chosen to prevent entanglement with the device during training, considering factors like length and shape. Select shoes with a firm grip and non-slip soles suitable for the equipment.

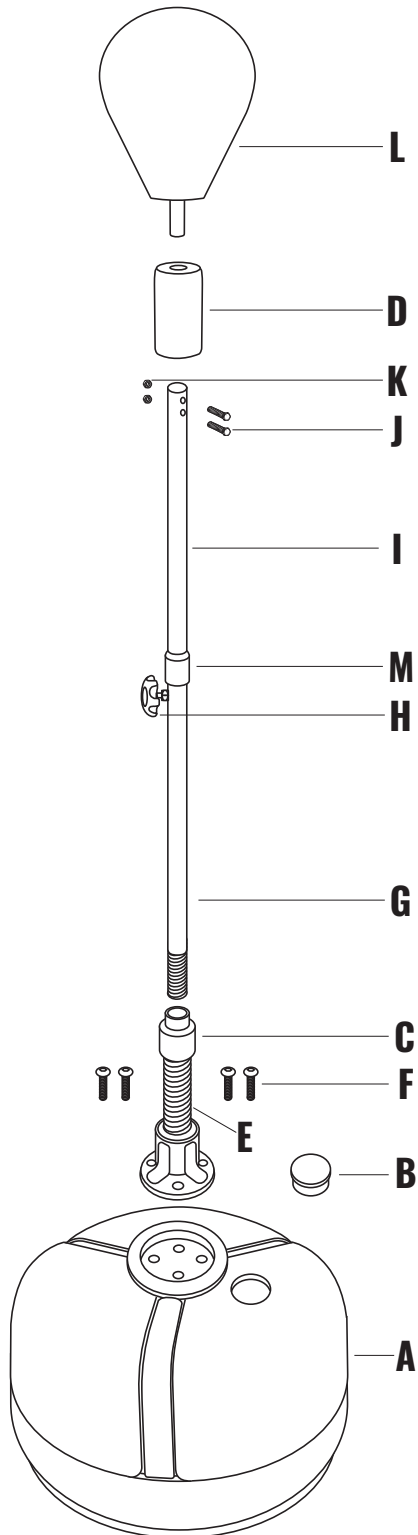
## **Assembly**

Verify the presence of all parts and tools listed in the parts list, noting that some parts may come pre-assembled. Keep children and pets away from the assembly area, as tools, packaging materials (such as foil), or small parts could pose risks of injury or suffocation. Additionally, ensure you have ample space to move around during assembly. Before first use and regularly afterward, tighten all screws, nuts, and connections to keep the device safe.

## **Location**

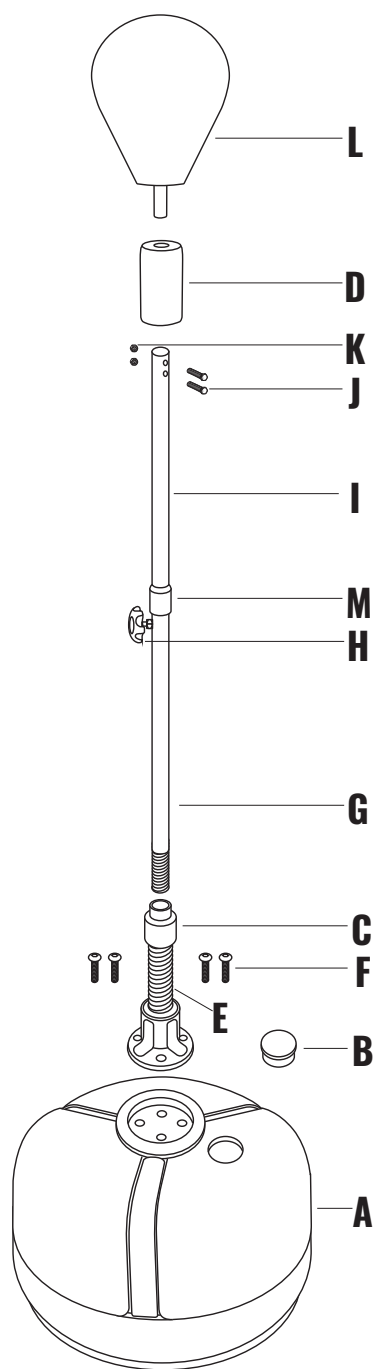
Place the device on a flat, stable, and dry surface. If needed, adjust its parts to compensate for uneven surfaces. Use a floor protection mat to prevent pressure marks and dirt on sensitive surfaces. Clear the training area of any objects within the required radius. Avoid using the device outdoors or in humid environments.





<b>A</b>	Base	1
<b>B</b>	Cap	1
<b>C</b>	Cover	1
<b>D</b>	Foam	1
<b>E</b>	Elasticity	1
<b>F</b>	Screws	4
<b>G</b>	Lower Tube	1
<b>H</b>	Knob	1
<b>I</b>	Inner Adjustable Tube	1
<b>J</b>	Screws	2
<b>K</b>	Nut	2
<b>L</b>	Pull Ball	1
<b>M</b>	Ring Cap	1

### Overview Chart



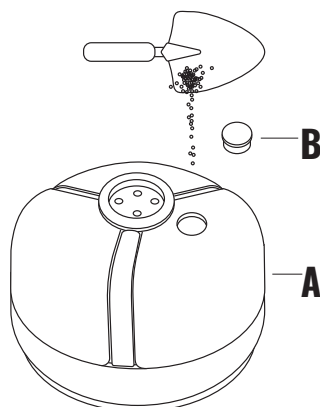
**Step 1** Open the Cap (B) on the Base (A) and fill it with water or sand. Then close the Cap (B) as shown in Figures A & B.

**Step 2** Attach the Elasticity (E) to the top of the base (A) using four screws (F). Move the Cover (C) to the top of Elasticity (E).

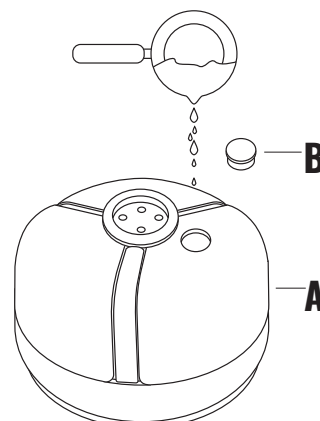
**Step 3** Position the Foam (D) at the top of the Inner Adjustable Tube (I). Then, insert the Inner Adjustable Tube (I) into the Lower Tube (G), securing it in place with Knob (H). Adjust the height to your preference by tightening or loosening Knob (H).

**Step 4** Position the Foam (D) at the top of the Inner Adjustable Tube (I). Then, insert the Inner Adjustable Tube (I) into the Lower Tube (G), securing it in place with Knob (H). Adjust the height to your preference by tightening or loosening Knob (H).

**Figure A**



**Figure B**



## **Cleaning**

Use only a slightly damp cloth for cleaning. Never use gasoline, thinner, or other harsh cleaning products as they may cause damage. The device is intended for private home use indoors. Keep the device clean and away from moisture. The warranty does not cover any damage caused by body sweat or other liquids.

## **Maintenance**

We recommend checking the screws and moving parts at regular intervals. The device should only be used for training when it's functioning correctly. Contact our customer service for repairs or spare parts if needed. **WARNING:** Only use the device after it has been repaired successfully.

## **Disposal**

For environmental protection, please don't dispose of packaging materials, empty batteries, or device parts with household waste. Instead, use designated collection containers or appropriate collection points. Follow the current regulations carefully.



The warranty lasts 24 months and covers new items from the first purchase, starting from the invoice or delivery date. Defects will be repaired for free during this period. Report any defects promptly to the seller. The seller may choose to fulfill the warranty by sending spare parts or replacements. They may replace parts without affecting the warranty. Repair at home is not covered. Home devices should not be used for commercial or industrial purposes; doing so may void the warranty. Warranty only covers defects in materials or workmanship, not wear parts or damage due to misuse, force, or unauthorized interventions. Please retain the original packaging during the warranty period for safe returns. Don't send items without prior agreement. A warranty claim doesn't extend the warranty period. Claims for damages outside the device (unless legally mandated) are not covered.

**Manufacturer:**

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**Nordring 80**  
**64521 Groß-Gerau**

Here you can find an overview of our international partners:  
**[www.gorillasports.eu](http://www.gorillasports.eu)**

## **Training preparations**

Before starting your training, ensure that both the equipment and your body are ready. If you haven't done strength or endurance training recently, consult your doctor for a fitness check-up before beginning. Discuss your training goals with your doctor to get valuable advice, especially if you are over 35, overweight, or have cardiovascular issues.

## **Workout planning**

The key to effective and motivating training is planning. Integrate your fitness routine into your daily schedule as a fixed activity. Unplanned sessions can disrupt your progress or be delayed indefinitely. Plan your workouts for the long term, spanning months rather than just days or weeks. Ensure motivation during workouts by incorporating music and offering rewards. Set achievable goals, like losing 1 kg in four weeks or increasing training weight by 10 kg in six weeks. Celebrate your accomplishments with rewards!

## **Training frequency**

Experts recommend doing endurance/strength training 3 to 4 days a week. Certainly, the more often you train, the faster you will reach your training goal. However, when planning your workout, make sure to take enough breaks for your body to recover and rest. You should take at least one day off after each training session.

## **Hydration**

Adequate fluid intake is crucial before and during training. In a 60-minute session, you can lose up to 0.5 liters of fluid, so it's important to drink enough water to make up for it. An ideal option is an apple spritzer, with a mix of one-third apple juice and two-thirds mineral water, as it replenishes lost electrolytes and minerals due to sweat. Drink about 330 ml (11 oz) 30 minutes before starting your workout, and maintain a balanced fluid intake throughout your session.

## **Warm-Up**

Before each training session, do a warm-up. Spend 5-7 minutes doing light exercises like skipping rope or using a cross-trainer to prepare your body for the workout ahead.

## **Cool-Down**

Don't stop training abruptly after your workout. Cool down for 5 to 7 minutes with light exercises like cycling or using an elliptical. Then, make sure to stretch your muscles thoroughly.

### Thighs



Place your right hand on a wall or exercise equipment for support. Lift your left foot back and hold it with your left hand, keeping your knee pointing down. Gently pull your thigh back until you feel a stretch. Hold this for 15-20 seconds, then carefully release your foot and lower your leg. Repeat the exercise with your right leg.

### Legs and lower back



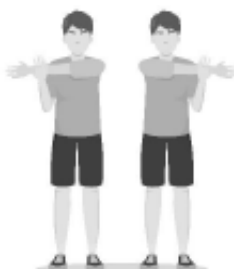
Sit on the floor with your legs straight out. Reach forward and try to grab the tops of your feet with both hands, leaning your upper body slightly forward. Hold this stretch for 15 to 20 seconds. Then, release your feet and gently straighten your upper body.

### Triceps and shoulder



Reach your left hand behind your head to your right shoulder and use your right hand to gently pull your left elbow. Hold this stretch for 15-20 seconds. Repeat the exercise with your right hand.

### Upper body



Extend your left arm across your body at shoulder level and use your right hand to pull on your left upper arm until you feel a slight tug. Hold this position for 15-20 seconds. Repeat the exercise with your right arm.





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