



MMA TARGET BAG

MODEL# 8911TB

PRODUCT MANUAL - VERSION# 08.17.06

INSTRUCTIONS:

Fill the base of the bag before inflating with sand or water

WARNING: ALWAYS CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE REGIMEN.

STEP 1: FILL THE BASE

A. Twist and remove the cap from the underside of the base of the bag. Remove plug from the base.

B. Pour water or sand into the base until the base bag is completely full.

C. Replace the plug and screw the cap tightly back onto the base.

STEP 2: INFLATE THE BAG

A. Open the air valve on the top of the base.

B. Inflate the bag until it is free of wrinkles. DO NOT OVERINFLATE. You should be able to depress your finger to a depth of at least 1 inch.

C. Replace top on air valve and push in to seal.

WARNING

CHOKING HAZARD
Small parts not for
children under 3 years.



LIMITED WARRANTY:

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WARNING/ADVERTENCIA

1. Always consult a physician before beginning any exercise program.
2. If you experience any pain, faintness, or unusual discomfort while exercising, stop immediately and consult your physician and/or contact medical services.
3. This product is for indoor home use only - not for gym or commercial use.
4. Make sure you warm up for a minimum of 5-10 minutes before your workout, and cool down after exercising.
5. Never use this product in any manner not consistent with its intended use.
6. Always put this product safely away after use.



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