



## **USER MANUAL – EN**

**IN 13475 Slam Ball inSPORTline Slam Me 1 kg**

**IN 13476 Slam Ball inSPORTline Slam Me 2 kg**

**IN 13477 Slam Ball inSPORTline Slam Me 3 kg**

**IN 13478 Slam Ball inSPORTline Slam Me 4 kg**

**IN 13479 Slam Ball inSPORTline Slam Me 5 kg**

**IN 13480 Slam Ball inSPORTline Slam Me 6 kg**

**IN 13481 Slam Ball inSPORTline Slam Me 7 kg**

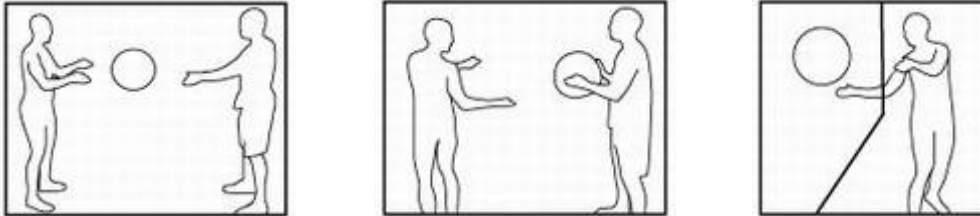
**IN 13482 Slam Ball inSPORTline Slam Me 8 kg**

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# INTRODUCTION

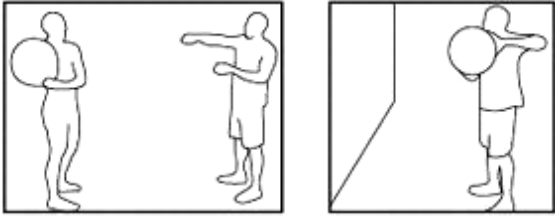
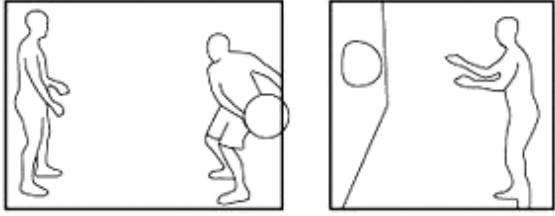
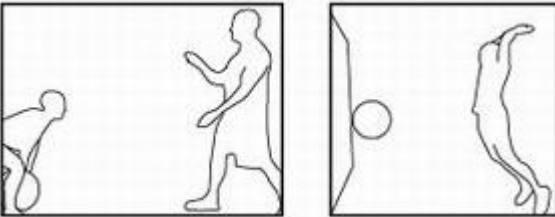
A piece of equipment that can be thrown, caught, and struck with maximum force and velocity provides a training tool for life. A slam ball provides that variety to your workout routine while essentially training all 10 general physical skills at once.

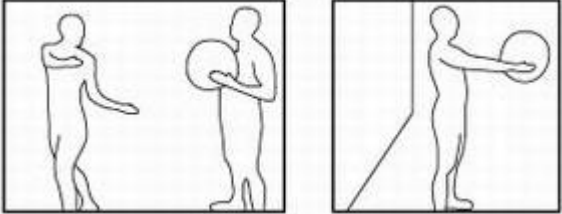
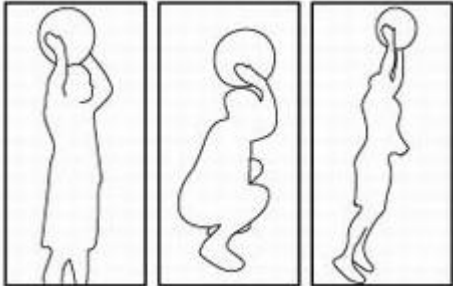
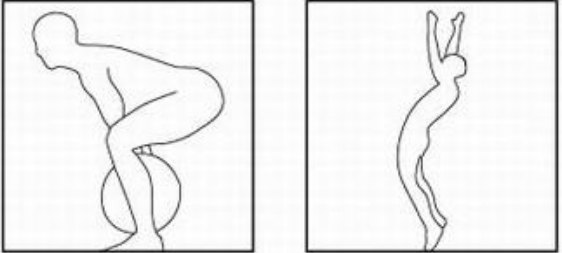
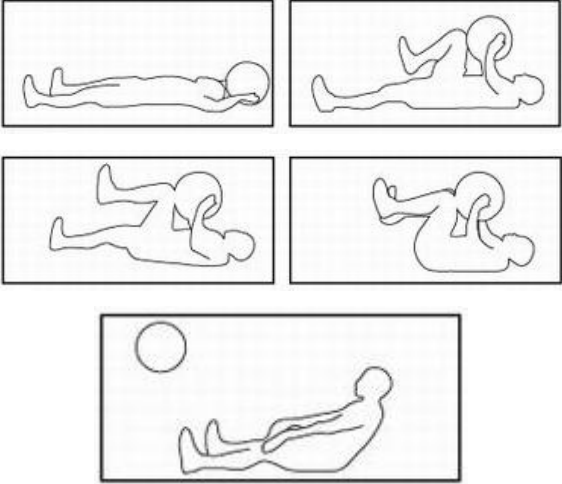


One of the main values of a slam ball is the movement-based training. Nearly every exercise can be combined with another movement into a seamless transition of exercises without a break. This is important for two reasons: First, our bodies naturally move with rhythm, cadence, and coordination — they do not move in a staccato or robotic motion. Second, there are an infinite number of exercise combinations and variations possible with this form of training. Try the following exercises and see how easy working with a slam ball actually is.

## EXERCISES

<p><b>Standing Chest Pass</b></p> <ol style="list-style-type: none"> <li>1. Stand in a basic stance facing your partner or the wall.</li> <li>2. Start the movement with the ball at your chest, pushing it at the wall or your partner with both hands.</li> <li>3. As you (or your partner) receive the ball, stretch out your arms to catch it, touching the chest and returning it back at the wall or partner in a ballistic motion.</li> <li>4. Make sure to complete the full range of motion.</li> </ol>	
<p><b>Standing Overhead Throw</b></p> <ol style="list-style-type: none"> <li>1. Stand in a basic stance facing the wall or your partner.</li> <li>2. Start by raising the ball above your head; then throw it at the wall or your partner.</li> <li>3. If you're throwing to a partner, aim slightly above their head.</li> <li>4. Make sure to use the full range of motion.</li> </ol>	

<p><b>One Arm Put</b></p> <ol style="list-style-type: none"> <li>1. Stand in a basic or split stance facing the wall or your partner.</li> <li>2. Start the movement with the ball in your hand on your shoulder, making sure your elbow is up with the thumb pointed down.</li> <li>3. Make sure your head, shoulders and trunk rotate as one.</li> <li>4. Return the ball to the wall or partner in a ballistic action fully extending arms. If you're with a partner, aim your throw to their opposite shoulder.</li> </ol>	
<p><b>Forward Rotations</b></p> <ol style="list-style-type: none"> <li>1. Stand in a basic stance facing a wall or a partner.</li> <li>2. Lower the ball to the side of your hip, shoving both hips back and stretching the glutes and hamstrings.</li> <li>3. As the ball is lowered to the hip, slightly rotate your spine so the ball is placed alongside your hip.</li> <li>4. Contract glutes and hamstrings to throw the ball at the wall or your partner.</li> <li>5. Repeat the motion, alternating your hips.</li> </ol>	
<p><b>Log Toss</b></p> <ol style="list-style-type: none"> <li>1. Begin in a squat stance.</li> <li>2. Lower the ball to the floor with the ball slightly behind your ankles.</li> <li>3. Be sure to look straight ahead with a flat back.</li> <li>4. Extend at the knee, hip, and ankle joints while explosively catapulting the ball forward, towards the wall or your partner.</li> <li>5. You should finish the movement with a triple extension of your body. If you're with a partner, have them stand with arms outstretched ready to catch the ball at chest level.</li> </ol>	

<p><b>Basic Rotation</b></p> <ol style="list-style-type: none"> <li>1. Stand with your back turned, an arm's distance away from the wall.</li> <li>2. Maintain a strong base and initiate the movement with your feet, knees, and hips.</li> <li>3. Rotate the torso to the throwing direction, accelerating the ball around.</li> <li>4. Throw the ball with maximum power output at the wall or your partner.</li> <li>5. Once you receive the ball off the wall or your partner, rotate your torso in the opposite throwing direction.</li> </ol>	
<p><b>Cowboy squat (power, strength and muscle endurance)</b></p> <ol style="list-style-type: none"> <li>1. Place the ball atop your head and perform an overhead squat.</li> <li>2. When lowering into the squat, keep the ball atop your head.</li> <li>3. Explode out of the bottom of the squat by jumping off the ground, fully extending the arms and lifting the ball straight into the air.</li> <li>4. Perform in a continuous motion for desired repetitions.</li> </ol>	
<p><b>Reverse Log Toss (power and strength)</b></p> <ol style="list-style-type: none"> <li>1. Reference Log Toss from above.</li> <li>2. Extend at the knee, hip, and ankle joints while explosively catapulting the ball backward.</li> <li>3. Finish the movement with a triple extension of the entire body.</li> </ol>	
<p><b>Double Knee Strike (coordination, endurance, agility)</b></p> <ol style="list-style-type: none"> <li>1. Lay on the floor with your arms fully extended and the ball placed overhead, tapping the ground.</li> <li>2. Keep your head pressed against the mat while you drive the ball to your knee with velocity and then back overhead, tapping the ball to the ground before alternating to the opposite knee.</li> <li>3. After two single knee strikes, engage your glutes and drive the ball to both knees, extending again overhead, tapping the ball to the ground.</li> <li>4. Initiate sit-up with throwing action of the arms and flexion of the abs. SIT UP AND THROW SIMULTANEOUSLY, throwing the ball at the wall.</li> </ol>	

# TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

## General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

## Warranty Conditions

### Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

### The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

## Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.



**SEVEN SPORT s.r.o.**

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Date of Sale:

Stamp and Signature of Seller: