



USER MANUAL – EN

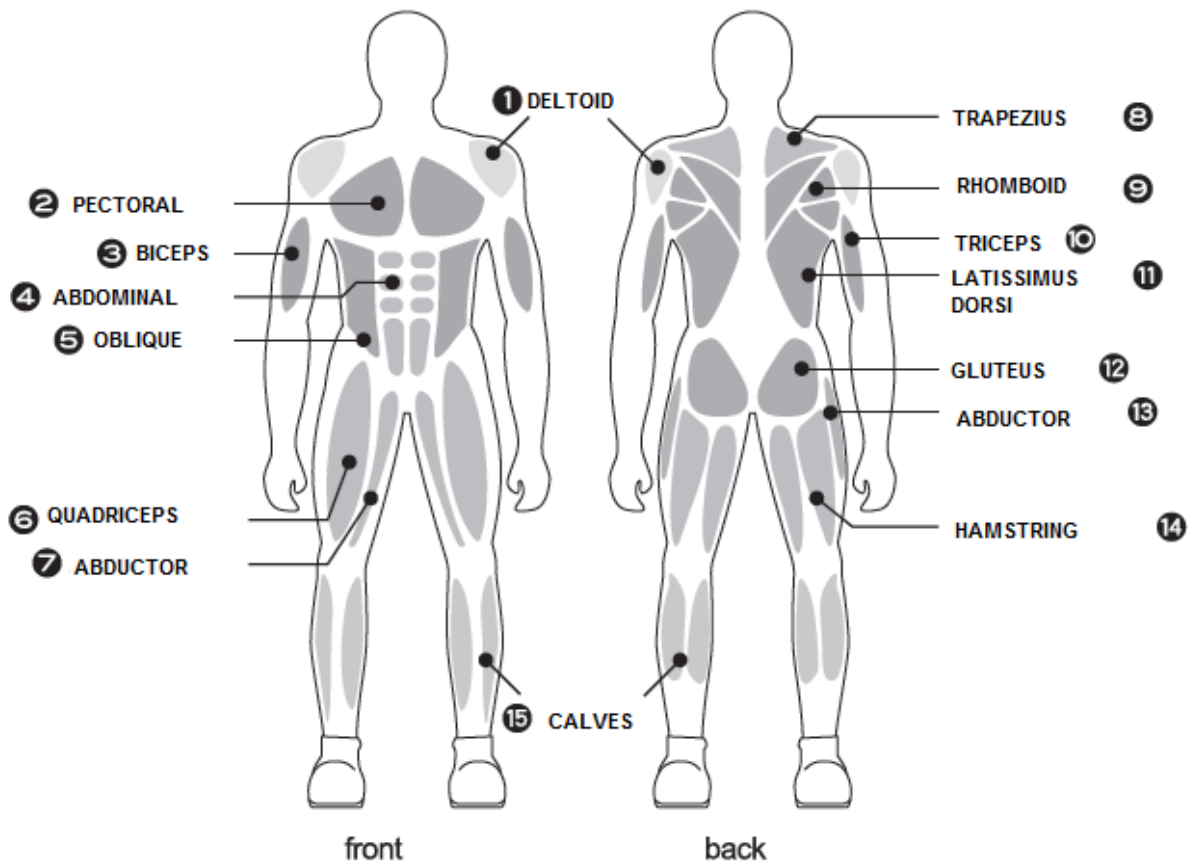
IN 13486 - 90 Medicine Ball inSPORTline Grab Me 2 – 6 kg




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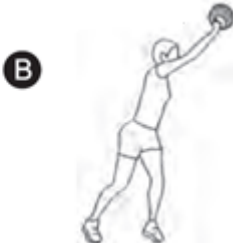



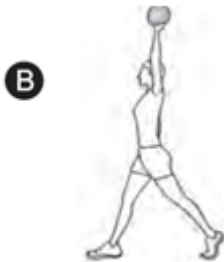
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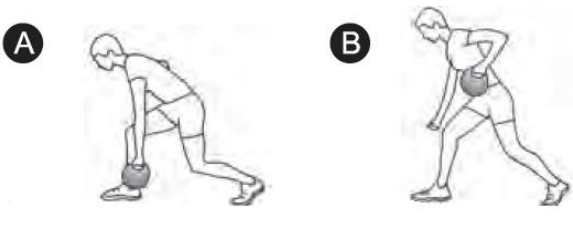

EXERCISE INSTRUCTIONS

- Do a warm-up exercise for approximately 5 – 10 minutes before each training session. That means doing some rhythmic activities, for example.
- Exercise properly and do each exercise at least 5 times before starting exercising with medicine ball.
- Do 1 – 3 sets of 8 – 12 repetitions to avoid exercising only one side of your body.
- Exercise both sides of your body equally to prevent imbalance or muscle injuries.
- If it is impossible for you to repeat the exercises completely 8 times, prolong the resting period between the exercise sessions or get a medicine ball with lower resistance.
- If it is impossible to achieve moderate muscular fatigue after repeating the exercises 12 times, reduce the resting period between the exercise sessions or get a medicine ball with higher resistance.
- Perform selected exercises at least 3 times a week for optimal results.
- Do exercises continually, but maintain a resting period of 24 – 48 hours between each session.



	<p>Side Lunge/Lift</p> <p>A) Stand with feet slightly wider than your shoulder. Bend and transfer weight on one leg. Let your second leg stretched against the floor. Hold the ball with one hand (opposite to the bent leg and slightly bend your hips forward. Extend your arm between legs. During exercising keep your back straight and buttocks pushed backward along with head and hips.</p> <p>B) Slowly bend and hoist your arm up and away from your side. When you straighten your bent leg, transfer your weight onto the opposite leg and push your hips and buttocks forward. Keep your arm and elbow bent at shoulder level. Ball must be perpendicular below the elbow. Hold for 1 – 2 seconds and return slowly to the initial position.</p>
	<p>Side Lunge/Reach</p> <p>A) Stand with your feet wide apart (shoulder range). Take the ball with one hand, straighten your arm and hold the ball in position in front of your shoulder, but a little higher. Keep your shoulders and hips straight and bend your knees slightly.</p> <p>B) Side-step slowly and move your extended arm across the front of your body at chest height. Rotate your waists according to the ball trajectory and follow the movements with your head. Keep your other arm extended over the bent leg while you're shifting your weight (knee is still over toes). Straighten the opposite leg and lift the bent leg, returning to the initial position.</p>
	<p>Squat Side Lift</p> <p>A) Stand with your feet wide apart (shoulder range). Hold the ball with one hand and extend it in front of your body between your legs. Keep your shoulders and feet square and bend your hips slightly forward (with knees slightly bent).</p> <p>B) Slowly lift the extended arm up and away from your side while rotating upward and backward from the waist in the same direction. Keep your arm extended and your head and feet stationary while shifting weight onto the other leg. Observe the same direction as the ball movement and lift the heel</p>

	<p>of your opposite foot off the floor. Hold for approximately 1 – 2 seconds and then return to the initial position.</p>
 	<p>Squat Overhead Press</p> <p>A) Stand with your feet a shoulder width apart. Hold the ball with one hand, bend your arm and put the ball just above your shoulder. Keep your shoulders, hips and feet partially bent and square with knees.</p> <p>B) Slowly lift and extend your arm upwards, to the opposite side of your shoulder. Rotate your head, hips and shoulders and foot in the direction of the moving ball. Place your foot flat on the floor, shifting your weight onto the front leg. Extend your knees partially and lift the heel of your back foot. Hold in position for 1 – 2 seconds and return back to the initial position.</p>
 	<p>Squat Back Lift</p> <p>A) Stand and balance on one foot. Hold the ball with your opposite hand and bend forward at hips, extending your arm directly below the shoulder. Keep your head, shoulders and hips aligned. Slightly bend the balancing leg and lift the foot of the opposite leg off the floor.</p> <p>B) Slowly lift the extended arm up and away from your side while slightly rotating upward and backward (from the waist in the same direction). Keep your arm extended while your head, hips, legs and feet stay still. Hold in position for 1 – 2 seconds and return slowly to the initial position.</p>
 	<p>Front Lunge/Lift</p> <p>A) Put one leg in front of your body and stretch the other behind your body. Bend both legs and hold the ball with the hand opposite to the front leg. Bend your hips slightly forward and lower your arm directly below your shoulder. Keep your head, shoulders and hips aligned with the heel of your back foot. Hoist the heel of your back foot off the floor.</p> <p>B) Slowly lift the extended arm overhead, straighten both legs and push your hips forward. Keep your arm extended and shoulders and hips aligned while raising the ball upward from the back foot. Hold in position for 1 – 2 seconds and then return back to the initial</p>

	position.
	<p>Front Lunge Row</p> <p>A) Stretch your legs wide apart, one front, the other back. Bend both legs and hold the ball with the hand opposite to the front leg. Bend your hips slightly forward and extend your arm directly below your shoulder. Keep your head, shoulders and hips aligned with the heel of your back foot. Hoist the heel of your back foot off the floor.</p> <p>B) Slowly bend your arm and move it slightly behind your body. Straighten the opposite arm downward and forward and partially straighten both legs. You're your head, shoulders and hips aligned while slightly rotating your waist according to the ball movement. Hold for 1 – 2 seconds and then return back to the initial position.</p>
	<p>Side Lunge Diagonal Lift</p> <p>A) Stand with your feet apart at slightly wider than the width of your shoulders. Bend and shift weight onto one leg and keep the other leg flat on the floor. Hold the ball with the hand opposite to the bent leg. Bend your hips slightly forward and extend your arm between the legs. Keep your back leg straight and buttocks and hips aligned.</p> <p>B) Slowly lift the extended arm up and outwards while rotating your waist in the same side direction. Follow the movement with your head. Keep the extended arm overhead and don't move your feet when you shift your weight onto the leg in the direction of the ball movement. Lift the heel of the other foot off the floor. Hold in position for 1 – 2 seconds and then slowly return to the initial position.</p>

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.



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Date of Sale:

Stamp and Signature of Seller: