



**USER MANUAL – EN**

**17908,17909,17910 Water filled exercise bag inSPORTline  
Tensare S,M,L**



\*All pictures shown are for illustration purpose only. Actual product may vary

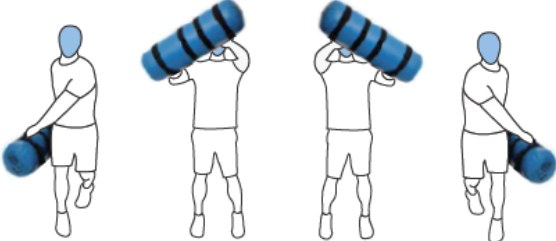
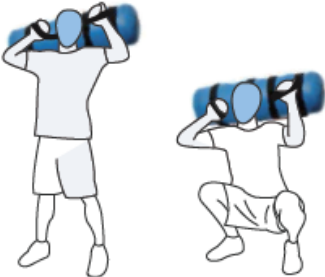
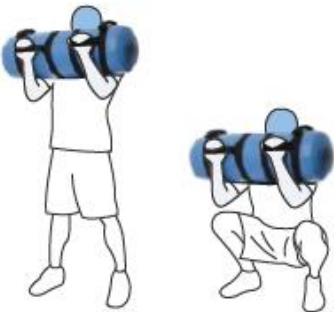
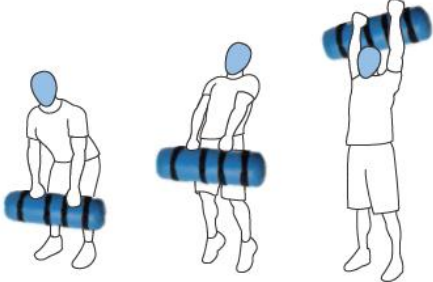
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## SAFETY INSTRUCTIONS

- Keep the manual for future references.
- Keep away from pets or children.
- Do not modify this product.
- Do not use when under effects of drugs or alcohol.
- Do not store in direct sunlight, high temperature or humid places.
- Warm up before every exercise.
- Do not use when you feel dizzy, sick or if you have any health problems. When you have any health problems during training please stop exercising immediately and contact you physician.

## EXERCISES

	<p><b>Swing up and down</b></p> <p>Move the bag from outside of your knee, upwards diagonally above your head and then low the bag outside of the other knee slowly by feeling the flow of the water. Reverse the movement backwards, exhale while pull the bag up and keep your arms extended throughout the movement.</p>
	<p><b>Back squat</b></p> <p>Palm out, hold the bag on the traps not on the neck, extend the mid back to bring chest up.</p>
	<p><b>Front squat</b></p> <p>Palm out, place the bag on the chest and grip the side handles with elbows up, start squatting.</p>
	<p><b>Hang</b></p> <p>Stand both feet the shoulder width. Bend the body forward with straight arms and back. Place the bag between your feet and raise it up to knee height by standing up on tiptoe. Look forward, lift the bag up and lock out arms overhead. Bend you knees slightly and ensure your spine is straight along to lumbar.</p>

## STORAGE

- Please ensure that the bag is not wet before storing.
- Dirty bag clean with water and cloth or sponge. Do not use benzene or aggressive detergents.
- Drain the water after use. Do not store filled with water.
- Do not store in direct sunlight, near source of heat, fire or cold and humid places.
- Keep away from fire.

## 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: