



USER MANUAL – EN

**IN AP15BB, AP35SB Water-Filled Punching Bag Aqua Bag
Headhunter 7kg, 16 kg**

**IN AP120B, AP190BB Water-Filled Punching Bag Aqua Bag
Energy 55kg, 85 kg**



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SAFETY INSTRUCTIONS

Never practice the hit with bare hands.

Repeated hit with bare hands can cause serious injuries.

We recommend the use of bandages and gloves for greater hand stability and wrist support.

Hand protection helps prevent painful joints, abrasions and wrist injuries.

Hand protection helps you to train more intensively.

PREPARATION

You will need: Nozzle (included)
 1/2" eye bolt with nut and washer or 1/2" eye lag screw
 Optional hanging kit available on our website (not included)

PLACEMENT AND INSTALATION

For easier installation, hang the punching bag before filling it with water.

Select the correct location for the placement. The punching bag must be hung in place with enough space and enough carrying capacity. There should be at least 152 cm of free space around the punching bag. Vibrations caused by blows into the bag can cause noise. Over time, the bag vibrations can cause the plasterboard walls to crack. We recommend placing the bag in non-residential areas such as garages.

Hang the bag on a thick beam or stand designed for heavy punching bags (if using a stand make sure the floor is strong enough to support the bag) Make sure that the beam can support at least 4x bag weight (AP15 = 7 kg, AP35 = 16 kg, AP120 = 55 kg, AP190 = 85 kg)

Fastening to beam:

1. You can hang the chain behind the beam and connect it with a carabiner.
2. Drill the frame and secure the stud using the washer and nut.
3. Drill a hole smaller than the screw, then screw the eyelet screw.



Attach the chain and swivel combination to the eye bolt using a quick connecting link. Attach the shackle to the Aqua Bag by removing the screw pin and pushing the shackle down around the heavy plastic eye at the top of the bag. The shackle may fit tight and require tapping into position using a rubber mallet or hammer. Replace the screw pin in the shackle. Secure the bag by attaching the shackle to the hanging end of the chain with a quick connecting link.

HEIGHT

The Aqua Training Bag should resemble an opponent and therefore the top of the bag should be approximately the height of your own head. Height can be adjusted as desired depending on training style. The length of the chain can be shortened by reducing the amount of links between the eye and the shackle. (For high ceiling installations, additional chain may be required). The Aqua Head Hunter Bag can be hung at various heights depending on your training regimen.

FILLING

NOTE: HANG THE AQUA BAG BEFORE FILLING WITH WATER!

Make sure the bag is at room temperature before filling. A cold bag will resist expansion making it more difficult to fill with water. It is also helpful (but not required) to inflate the bag with air to expand the cavity before filling with water. Remove the fill plug from the Aqua Training Bag using a #2 Phillips head screwdriver. Attach the sweeper nozzle to a garden hose. Insert the end of the nozzle into the fill hole and slowly turn on the water to fill the bag. Do not hold the nozzle too tight to the opening as air must be allowed to escape through the same passageway as it fills. Shut off the water supply as soon as the water reaches the top. Insert the screw plug and tighten.



ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, 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 Strakonická street 1151/2c, Prague 150 00, 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.

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, wear of brake pads/blocks, chain, tires, cassette/multi wheel 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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