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Century 101693

Century BOB Body Bag Instruction Manual

Model: 101693

1. INTRODUCTION

The Century BOB (Body Opponent Bag) is a freestanding heavy bag designed to provide a realistic training experience for various martial arts, fitness, and self-defense disciplines. Its human-like torso and adjustable height make it an ideal tool for practicing punches, kicks, and strikes with precision.

This manual provides essential information for the proper setup, operation, maintenance, and troubleshooting of your BOB Body Bag to ensure its longevity and your safety during training.

2. COMPONENTS

Your Century BOB Body Bag consists of the following main components:

- **BOB Torso:** The upper body mannequin with realistic facial features and a strikeable surface.
- **Base Unit:** A sturdy, fillable base designed to be weighted with sand or water for stability.
- **Adjustable Stem:** The central pole connecting the torso to the base, allowing for height adjustments.
- **Locking Pins:** Used to secure the torso at desired height settings on the adjustable stem.



Figure 2.1: Fully assembled Century BOB Body Bag, showing the torso, adjustable stem, and base.

3. SETUP AND ASSEMBLY

Follow these steps to properly set up your Century BOB Body Bag:

1. **Position the Base:** Place the base unit ([Figure 3.1](#)) in your desired training area. Ensure the surface is flat and stable.
2. **Fill the Base:** Unscrew the cap on the base unit ([Figure 3.2](#)). Fill the base with either water or sand. Sand provides greater stability, with a maximum fill weight of 270 lbs. Water provides a maximum fill weight of 210 lbs. Securely screw the cap back on.
3. **Attach the Adjustable Stem:** Insert the adjustable stem into the center opening of the filled base.

4. **Mount the Torso:** Carefully slide the BOB torso onto the top of the adjustable stem. Align the holes on the torso with the desired height setting holes on the stem.
5. **Secure with Locking Pins:** Insert the locking pins through the aligned holes to secure the torso at your preferred height. The BOB offers seven adjustable height positions, ranging from 60 inches to 78 inches.



Figure 3.1: Close-up of the sturdy base unit, designed for stability when filled.

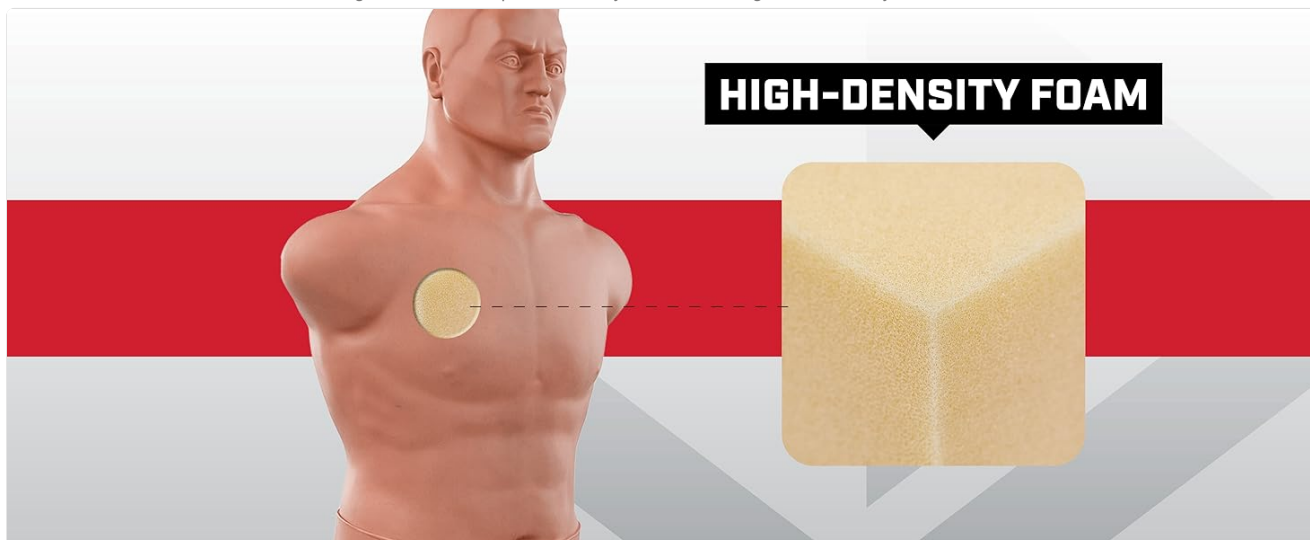


Figure 3.2: Illustration showing the option to fill the base with either sand or water for stability.

BOB

WEIGHT	
Total Weight Filled with Sand	250 lbs
Total Weight Filled with Water	210 lbs

HEIGHT	
A Adjustable Heights	60" - 82"

WIDTH	
B Bag	22" Wide
C Base	24" Wide



Figure 3.3: The adjustable stem allows for various height settings to accommodate different users and training needs.

Video Guide: Assembly and Features

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Video 3.1: Official Century Martial Arts video demonstrating the features and assembly of the Body Opponent Bag. This video highlights the human torso and face, adjustable height settings up to 78 inches, sand/water-fill base with 270 lb max fill, and rounded base for easy relocation.

4. OPERATION AND TRAINING

The Century BOB is designed for a wide range of striking techniques. Its realistic human torso allows for targeted practice of punches, kicks, elbows, and knees.

- **Targeted Strikes:** Practice striking specific areas like the head, chest, and abdomen for improved accuracy and technique ([Figure 4.1](#)).
- **Combination Drills:** Utilize the BOB for practicing various punch and kick combinations to enhance flow and power.
- **Footwork:** Move around the BOB to improve your footwork and angles during training sessions.
- **Conditioning:** Incorporate the BOB into your conditioning routines for a full-body workout.



Figure 4.1: A martial artist demonstrating a kick on the BOB Body Bag, highlighting its use for various striking techniques.



Figure 4.2: A user practicing a knee strike, showcasing the versatility of the BOB for close-range techniques.



Figure 4.3: A user delivering punches to the BOB, demonstrating its effectiveness for boxing and hand strike training.

Training Videos

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Video 4.1: A user demonstrating various punches and kicks on the BOB Body Bag for a fun workout. This video highlights the bag's stability and realistic feel during intense training sessions.

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Video 4.2: An honest review of the Century freestanding training dummy, showcasing its durability and effectiveness for various martial arts and fitness routines. The reviewer emphasizes the realistic feel and adjustable height.

5. MAINTENANCE

Proper maintenance will extend the life of your Century BOB Body Bag:

- **Cleaning:** Wipe down the torso and base with a damp cloth and mild soap after each use to remove sweat

and grime. Avoid harsh chemicals.

- **Inspection:** Regularly check the locking pins and the connection between the torso and stem for any signs of wear or looseness.
- **Base Fill:** Periodically check the fill level of the base. Refill with water or sand as needed to maintain optimal stability.
- **Storage:** If storing for an extended period, ensure the unit is clean and dry. Store in a cool, dry place away from direct sunlight.



Figure 5.1: Close-up of the durable Plastisol material of the BOB torso, which is easy to clean.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
BOB feels unstable or tips over easily.	Base is not sufficiently filled or is leaking.	Check the fill level of the base. Ensure the cap is securely tightened. If using water, check for leaks and seal if necessary. Consider filling with sand for maximum stability.
Torso wobbles excessively or detaches from the stem.	Locking pins are not properly inserted or are damaged.	Ensure all locking pins are fully inserted and secured. Inspect pins for damage and replace if necessary.
Difficulty adjusting height.	Pins are stuck or alignment issues.	Ensure the torso is lifted slightly to relieve pressure on the pins before attempting to remove or insert them. Check for any obstructions in the adjustment holes.

7. SPECIFICATIONS

Feature	Detail
Brand	Century
Model Number	101693
Adjustable Height	60" - 78" (7 positions)
Torso Material	Plastisol
Base Fill Capacity (Sand)	Up to 270 lbs
Base Fill Capacity (Water)	Up to 210 lbs
Base Dimensions	24" diameter x 19.5" tall
Torso Dimensions	Approx. 30" tall x 20" wide (at shoulders)
Overall Product Dimensions	24"W x 78"H (max height)
Item Weight (empty)	37 Pounds
Color	Beige (Torso), Black (Base/Stem)
Made In	USA

8. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please visit the official Century Martial

Arts website or contact their customer service directly.

Official Brand Store: [Century Store on Amazon](#)

Note: Specific warranty terms and conditions may apply. Please refer to the product packaging or manufacturer's website for the most current information.