

## Domyos 1004684

# Domyos Boxing-Machine Adult Punching Bag Instruction Manual

## 1. INTRODUCTION

Thank you for choosing the Domyos Boxing-Machine Adult Punching Bag. This manual provides essential information for the safe and effective setup, operation, and maintenance of your punching bag. Please read these instructions carefully before use and retain them for future reference.

This punching bag is designed for practicing punching and kicking techniques, offering a large hitting area for effective training.

## 2. SAFETY INFORMATION

Your safety is paramount. Please observe the following precautions:

- **Consult a Professional:** Before starting any new exercise program, consult with a healthcare professional or fitness expert.
- **Proper Attire:** Always wear appropriate protective gear, including boxing gloves and hand wraps, to prevent injury to your hands and wrists.
- **Clear Area:** Ensure the area around the punching bag is clear of obstacles to prevent accidental falls or collisions during use. Maintain at least 1 meter (3 feet) of clear space in all directions.
- **Stable Surface:** Place the punching bag on a flat, stable, and non-slip surface.
- **Proper Technique:** Use correct punching and kicking techniques to avoid strain or injury. If unsure, seek guidance from a qualified instructor.
- **Inspect Before Use:** Before each use, inspect the punching bag for any signs of damage or wear. Do not use if damaged.
- **Adult Use Only:** This product is intended for adult use. Keep children and pets away from the punching bag during use.
- **Storage:** Do not store the punching bag in a wet place, either indoors or outdoors, as this can damage the materials and compromise stability.

## 3. SETUP

Follow these steps to set up your Domyos Boxing-Machine Adult Punching Bag:

1. **Unpack Components:** Carefully remove all components from the packaging. Verify that all parts are present.

2. **Position the Base:** Place the base of the punching bag in your desired training location, ensuring it is on a flat, stable surface.
3. **Fill the Base:** The base is designed for stability and can be filled with water or sand. The maximum capacity is 110 litres. For optimal stability, filling the base completely is recommended. Use the designated filling port on the base.
4. **Attach the Punching Bag:** Securely attach the main punching bag column to the filled base according to the assembly instructions provided with the product. Ensure all connections are tight and stable.
5. **Final Check:** Once assembled, gently push and pull the punching bag to ensure it is stable and does not wobble excessively. Adjust the base filling if necessary.



*Image 1: Domyos Boxing-Machine Adult Punching Bag, fully assembled and ready for use.*

## 4. OPERATING INSTRUCTIONS

Using your Domyos Boxing-Machine Adult Punching Bag effectively:

- **Warm-up:** Always perform a proper warm-up routine before starting your training session to prepare your muscles and reduce the risk of injury.
- **Stance:** Adopt a balanced and stable stance. Keep your feet shoulder-width apart, knees slightly bent, and hands up to protect your face.
- **Punching and Kicking:** Practice various punching and kicking combinations. The large hitting area allows for a wide range of strikes. Focus on technique, speed, and power.
- **Footwork:** Incorporate footwork drills around the bag to improve agility and movement.
- **Cool-down:** Conclude your training with a cool-down and stretching routine.

## 5. MAINTENANCE

Regular maintenance will extend the life of your punching bag:

- **Cleaning:** The punching bag features a PU outer cover and PE base. Clean these surfaces regularly with a damp cloth and mild soap. Avoid harsh chemicals or abrasive cleaners.
- **Drying:** After cleaning, ensure the bag is thoroughly dry before storing or using again.
- **Storage:** Store the punching bag in a dry, cool place away from direct sunlight and extreme temperatures. As noted in safety information, avoid wet environments.
- **Inspect for Wear:** Periodically check the punching bag for any signs of wear, tears, or damage to the outer cover, stitching, or base. Address any issues promptly.
- **Base Level:** Periodically check the fill level of the base. If using water, ensure there are no leaks. If using sand, ensure it remains compact. Refill as needed to maintain stability.

## 6. TROUBLESHOOTING

Common issues and their solutions:

- **Punching Bag is Unstable:**
  - Ensure the base is fully filled with water or sand (up to 110 litres capacity).
  - Verify that the bag is placed on a flat, level surface.
  - Check that the connection between the bag and the base is secure.
- **Material Damage (Tears/Cracks):**
  - Discontinue use immediately to prevent further damage or injury.
  - Contact Domyos customer support or your retailer for advice on repair or replacement.
- **Excessive Noise During Use:**
  - Ensure all connections are tight.
  - Check if the base is adequately filled and stable on the floor.

## 7. SPECIFICATIONS

Feature	Detail
Model Number	1004684
Product Height	180 cm
Item Weight	6 Kilograms (unfilled base)
Base Capacity	110 litres (for water or sand)
Outer Material	Polyurethane (PU)
Lining Material	Polyurethane (PU)
Base Material	Polyethylene (PE)
Color	Black
Age Range Description	Adult
Sport Type	Boxing, Mixed Martial Arts (MMA)

## 8. WARRANTY AND SUPPORT

For information regarding warranty coverage, returns, or technical support, please refer to the specific terms and conditions provided by your retailer or visit the official Domyos website. Keep your proof of purchase for any warranty claims.

If you encounter any issues not covered in this manual, please contact Domyos customer service for assistance.

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