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› VirtuFit Senior Kickboxing Set - Punching Bag and Boxing Gloves - VF07003 Instruction Manual

VirtuFit VF07003

VirtuFit Senior Kickboxing Set - Model VF07003 Instruction Manual

Punching Bag and Boxing Gloves

INTRODUCTION

This manual provides essential information for the safe and effective use of your VirtuFit Senior Kickboxing Set. This comprehensive kit includes a premium punching bag and comfortable boxing gloves, designed to enhance your boxing and kickboxing training. Please read these instructions carefully before setup and use to ensure optimal performance and safety.

TRAIN SMART, HIT HARDER

READY FROM THE START



Image: Man training with the VirtuFit punching bag and boxing gloves, demonstrating proper form.

SETUP INSTRUCTIONS

Unpacking

- Carefully remove all components from the packaging.
- Verify that all parts are present: 1x Punching Bag, 1x Pair of Boxing Gloves, 1x Hanging Chain System.

Punching Bag Installation

The VirtuFit punching bag is equipped with robust suspension eyelets for secure mounting. Ensure the chosen mounting location can safely support the bag's weight (25 kg) plus the force of impact during training.

1. **Choose a Location:** Select a sturdy ceiling beam or a reinforced wall bracket capable of holding significant weight.
2. **Install Mounting Hardware:** Install a heavy-duty ceiling hook or wall mount (not included) according to its manufacturer's instructions. Ensure it is securely fastened.

3. **Attach Chain System:** Connect the provided hanging chain system to the punching bag's eyelets and then to your installed ceiling hook or wall mount.
4. **Verify Stability:** Gently pull on the bag to ensure it is stable and securely attached before beginning any training.



Image: The VirtuFit punching bag hanging, showing its dimensions of 100 cm height and 30 cm diameter.

OPERATING INSTRUCTIONS

Using the Boxing Gloves

- **Wear Hand Wraps (Optional):** For added wrist support and hygiene, consider wearing hand wraps underneath your boxing gloves.
- **Put on Gloves:** Slide your hands into the 12-ounce boxing gloves.
- **Secure Straps:** Fasten the hook-and-loop wrist straps firmly to ensure maximum wrist support and a comfortable, secure fit.



Image: A user adjusting a VirtuFit boxing glove, demonstrating the secure wrist strap.

Training with the Punching Bag

The VirtuFit punching bag is suitable for various training types, including striking, combinations, and kickboxing exercises. Always prioritize proper technique and safety.

- **Warm-up:** Always perform a thorough warm-up before starting your training session to prevent injuries.
- **Stance and Footwork:** Maintain a balanced stance and practice proper footwork around the bag.
- **Striking Technique:** Focus on correct punching and kicking technique. Ensure your wrists are straight and your knuckles make primary contact.
- **Combinations:** Practice various punch and kick combinations to improve speed, power, and endurance.
- **Cool-down:** Conclude your training with a cool-down and stretching routine.



Image: A user demonstrating a punch on the VirtuFit punching bag, highlighting impact.

BUILT FOR POWER

FOR INTENSE TRAINING

REINFORCED STITCHING

SHAPE-RETAINING PADDING

DURABLE PU LEATHER

Image: Close-up of a VirtuFit boxing glove hitting the punching bag, showing the durable synthetic leather surface.

MAINTENANCE

Punching Bag Care

- **Cleaning:** Wipe down the synthetic leather surface of the punching bag with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution for deeper cleaning if necessary, then wipe dry.
- **Inspection:** Regularly inspect the bag for any signs of wear, tears, or damage to the synthetic leather or stitching.
- **Hanging System:** Periodically check the hanging chains, carabiners, and mounting hardware for wear or loosening. Replace any worn components immediately.

Boxing Gloves Care

- **Air Dry:** After each use, allow the gloves to air dry completely in a well-ventilated area. Do not store them in a sealed bag or damp environment.
- **Cleaning:** Wipe the exterior of the gloves with a damp cloth. For the interior, you can use a glove deodorizer or

a cloth dampened with a mild disinfectant spray.

- **Avoid Direct Sunlight/Heat:** Do not expose gloves to direct sunlight or excessive heat, as this can damage the materials.
- **Storage:** Store gloves in a cool, dry place.



Image: A pair of VirtuFit boxing gloves, ready for storage or use.

TROUBLESHOOTING

Punching Bag Issues

- **Bag Swings Excessively:** Ensure the bag is hung from a single, central point. Excessive swinging can also indicate an unstable mounting point or improper technique.
- **Bag Material Damage:** Small scuffs are normal with use. For larger tears, discontinue use and consider professional repair or replacement to prevent further damage or injury.
- **Noise from Hanging System:** Apply a small amount of lubricant to the chain links or carabiner if squeaking occurs.

Boxing Gloves Issues

- **Unpleasant Odor:** Ensure gloves are thoroughly air-dried after each use. Use glove deodorizers or baking soda sachets to absorb moisture and odors.
- **Loose Fit:** Ensure wrist straps are fastened tightly. If the gloves still feel too loose, consider using hand wraps for a snugger fit.
- **Discomfort:** Ensure you are wearing appropriate hand wraps or inner gloves. If discomfort persists, check for proper glove size and fit.

SPECIFICATIONS

Brand	VirtuFit
Model Number	VF07003
Product Type	Kickboxing Set (Punching Bag & Boxing Gloves)
Color	Black
Punching Bag Height	100 cm
Punching Bag Weight	25 kg
Punching Bag Material	Premium Synthetic Leather (PVC)
Boxing Gloves Size	One Size (12 ounces)
Boxing Gloves Material	Synthetic Leather, Cotton (lining)
Overall Product Dimensions (L x W x H)	117 x 117 x 30 cm (packaging/shipping dimensions)
Item Weight	26 Kilograms
Sport Type	Kickboxing, Boxing

WARRANTY AND SUPPORT

Return Policy

This product is subject to a 30-day return policy. Please refer to your purchase documentation or retailer's website for specific terms and conditions regarding returns and legal guarantees.

Customer Support

For any questions, assistance, or support regarding your VirtuFit Senior Kickboxing Set, please contact the specialized customer support provided by your retailer or visit the official VirtuFit website for contact information. You can often find support details on the product page where you made your purchase or within your order history.