



ev-70
PUNCH MAN TRAINER



CAUTION

READ ALL PRECAUTIONS AND INSTRUCTIONS
IN THIS MANUAL BEFORE USING THIS
EQUIPMENT FUTURE REFERENCE

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1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 metres of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. The equipment is not suitable for therapeutic use.
10. Before each and every use, be sure the equipment is in good condition and properly fastened.
11. Use of any sports equipment subjects the user to a degree of risk. Users of this equipment must assume all risk of injury.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
13. This equipment is intended for household use only. It is not designed for commercial use.
14. Remove all jewelry, ring, chain and pin before exercise.
15. If you experience any problems or require assistance, please contact our customer service at 08456 400800. This is only available for UK residents.



Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam.

This is especially important if you are over the age of 35, have never exercised before, are pregnant or suffer from any illness.

COMPLETE EACH STAGE IN ORDER BEFORE ADVANCING ON TO THE NEXT.
ASSEMBLE WITH NUTS AND BOLTS LOOSE AT FIRST.
TIGHTEN ALL BOLTS AND NUTS AFTER COMPLETING ALL ASSEMBLY STEPS.

STEP 1. Locate the **Base** (A1) in the position that you wish to use the **Torso-Man** (D). Fill water or sand into **Base** (A1). **Cap** (A2) has to tighten well.

NOTE: The weight of the base will be 120kg (264lbs) if filled with water or 140kg (308lbs) if filled with sand.

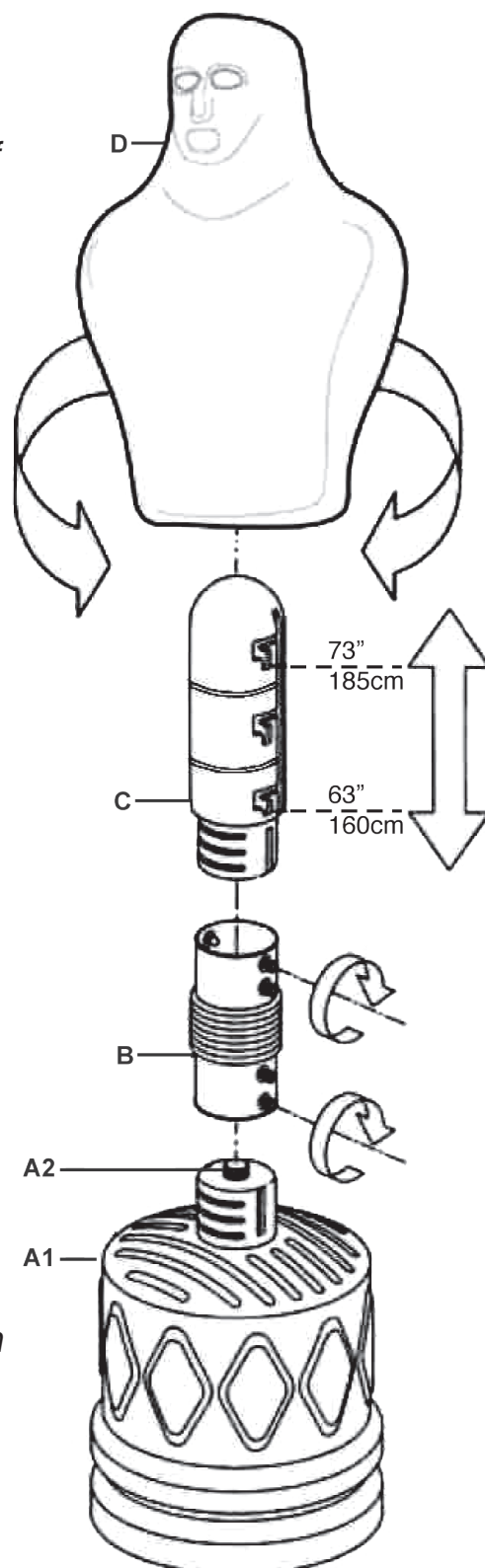
STEP 2. Attach **Elasticity Upright and Plastic Cover** (B) to Base by sliding onto mounded slots in **Base** (A1). Tighten four pieces of bolts.

STEP 3. Slide the **Height Adjustment Upright** (C) into **Elasticity Upright and Plastic Cover** (B). Ensure the groove slots in the **Height Adjustment Upright** (C) are fully engaged by turning the **Height Adjustment Upright** (C) until it drops and locks into place. Tighten four pieces of bolt.

NOTE: There are 2 threaded holes in the Height Adjustment Upright (C) to allow the bolts fix firmly in place.

STEP 4. Slide the **Torso-Man** (D) onto the **Height Adjustment Upright** (C). Ensure the **Torso-Man** (D) is fully engaged by turning the **Torso-Man** (D) until it drops and locks into place.

NOTE: There are 3 separate heights which the Torso-Man (D) can be set. To change height, merely lift the Torso-Man (D) and twist to unlock. Reposition into one of the three height position and re-engage as described earlier.



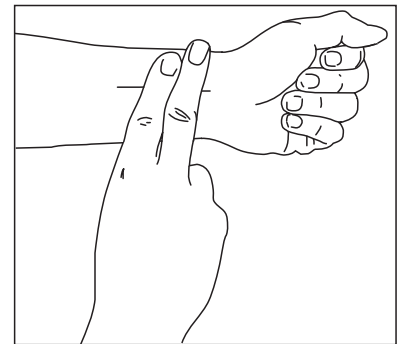
NOTICE

While exercising the box stand, please remove all accessories (for example : ring, jewelry) on hand .
 For safety reason, all screws must be fully tightened.

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.



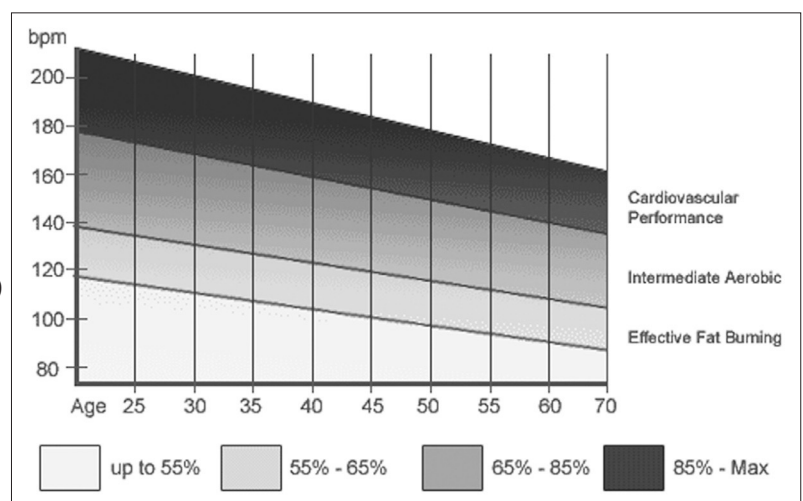
EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist.

Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch, never bounce.

1. Toe Touch Stretch : Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.



2. Hamstring Stretch : Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.



3. Calf/Achilles Stretch : With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.



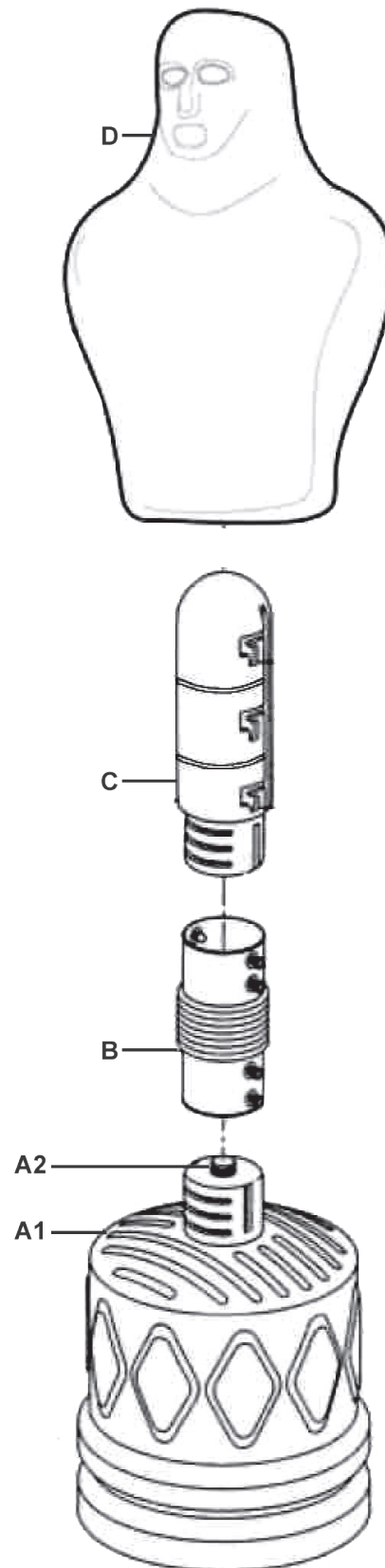
4. Quadriceps Stretch : With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



5. InnerThigh Stretch : Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



No.	Description	Q'ty
A1	Base	1
A2	Cap	1
B	Elasticity Upright and Cover	1
C	Height Adjustment Upright	1
D	Torso-Man	1
	Bolt (attached on #B)	8
	Washer (attached on #B)	8
	Rubber Cap (attached on #B)	8
	Screw Driver	1

**NOTE :**

Some of the above accessories are pre-fitted to the master component. They may not be supplied separately.

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