



Carefully read this instruction manual before assembling and using the product.

Description and type of use

WaterBag is an innovating tool for sporting use composed by a sturdy PVC transparent bag to be filled with water and air for a special training: the water movement inside the bag creates a strong asymmetry and instability obliging the person to use all the body muscles.

This product is conceived for use in fitness centres or sporting associations and it is a practical and inexpensive solution particularly suitable for group functional training.

Functional training has become very popular, not only for the physical benefits it brings, but also because the required equipment is inexpensive, easy to use, lightweight and can be easily carried and used outdoor.

The bag has a 25cm diameter, it is 75 cm long and has four sturdy grips to allow a great variety of exercises. Its maximum capacity is 25 litres, though for a correct functional training it is recommended to load a reduced quantity of water: 5 / 10 / 15 litres. The packing includes a pedal pump to inflate the bag and three bags containing water soluble non toxic coloured powders (green, red and blue colour) to create a very captivating training experience.



Warranty

- The product is guaranteed from 12 to 24 months from date of purchase, as set on European Directive on Consumer Rights 2011/83/UE and following modifications.
- For the warranty to be valid, the Consumer must bring the product back to the Dealer's with the proof of sale (receipt or other) showing the date of purchase.

Failed warranty

- disregard of the instructions and of the warnings to assembly and use the product correctly;
- different use from what it was specifically conceived/ designed;
- tampering with the product;
- carelessness/ or negligence in the product use and maintenance;
- product repaired by the user;
- normal wear and tear.

Intended use

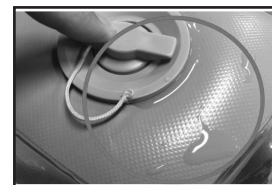
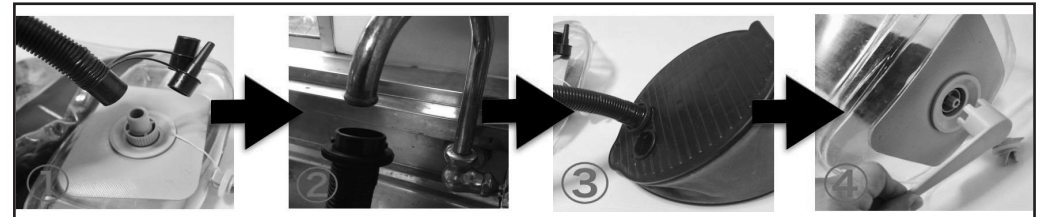
- Product for professional sporting use, can be installed indoor and outdoor.
- Product designed to be filled with air and partially with water. Filling the bag with water only does not allow for the correct use in functional training.
- Product designed to be used by one person at a time.
- Product designed to be filled with demineralized water (not included) in order to keep the bag inner surface clean, transparent, and prevent the formation of fungus and mildew.
- Product designed to be stored in a place sheltered from the solar light. When the tool is not used for a longtime it is recommended to empty the bag from all water.

Forbidden use

- This product must NOT be used by any incompetent persons or by someone under the influence of alcohol or drugs.
- DO NOT hang this product to use as a boxe bag
- DO NOT use this product for beach games or put in water to use as an inflatable.
- Keep this product away from sharp surfaces.
- Keep this product away from aggressive chemicals. DO NOT clean the PVC surface with alcohol, solvents or cleansers containing ammonia.
- This product must NOT be handled by pregnant women, by people suffering from heart pathologies or from spine problems (f.i.: slipped disc).

How to fill the equipment with water and air

1. Rotate the inner screw cap anticlockwise to open it, then use the key supplied to extract the valve. Twist off the air tube from the pedal pump and insert the joint of the air loading tube into the valve pipe union.
2. Use the tube oposite end to load the water directly from a tap or through a funnel; if you choose to use a funnel you can also fill in the powder coloured water, using a bucket or a pitcher.
3. Twist on the air tube to the pedal pump inflating hole and start to inflate.
4. Detach the pedal pump jonit from the valve and twist it onto the provided tool.



WARNING:

- In the event of water leakage from the loading cap, check the valve and carefully close it tightening it by the key provided in the package.
- It is forbidden to use this tool together with electric appliances, for the obvious danger of electrocution in the event of leakings or break-ages of the receptacle.
- Wear disposable gloves when handling colored powder.