



# ULTIMATE BODY PRESS

## Exercise Sandbag

### FOR YOUR SAFETY:

Consult your physician before beginning this or any exercise program. If you experience any discomfort while using this device, discontinue use and consult your physician immediately.

### Parts Included:

- 1 x Outer Shell with Handles
- 2 x Small Filler Bags
- 2 x Large Filler Bags

### Adding Weight to your Sandbag:

1. VERY IMPORTANT- DO NOT OVERFILL. To avoid overfilling the Filler Bags, do not pack down the sand and leave several inches of space between the top sand level and the velcro inside the bag (2-3 inches for small bags, 3-5 inches for large bags).
2. You will need Dry Playground Sand to fill each Filler Bag.
3. Using a scoop or plastic cup, pour the dry sand into the Filler Bags.
4. You can adjust the weight of each Filler Bag by adding or removing sand. DO NOT OVERFILL.
5. Insert the desired number of Filler Bags into the Outer Shell.
6. Once you have inserted the desired number of Filler Bags into the Outer Shell, close the shell, making sure that the zipper is fully closed and that all the snaps are secured.
7. Do not overfill the Outer Shell with Filler Bags. The Shell should not be packed so tightly that the sandbag loses all flexibility.
8. If the Outer Shell feels too empty, consider adding some light-weight filler, like towels, to take up the excess space. Alternatively, you can fill some of the Filler Bags with light-weight material like styrofoam packing peanuts.

### Proper Care:

1. The Filler Bags are only designed for use inside the Outer Shell. Do not use the Filler Bags alone as weights.
2. Do not drag the Sandbag across rough surfaces.
3. Do not store the Sandbag in a wet area or in direct sunlight.
4. Do not forcefully slam the Sandbag down or throw the Sandbag into the air.

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