

The Headbanger - Focus and Accuracy Target

⚠ WARNING

Read all warnings and instructions before use.
Keep for reference by all users for the life of the gear.
Failure to follow directions may result in injury, disability, and death.

- Use the Headbanger for Martial Arts focus and accuracy training drills supervised by a qualified instructor who ensures that this equipment is in good condition and responsibly monitors students and drills.
- If the Headbanger is used on the top of a bag, use only a free-standing bag that will not pose injury hazards.
- Do not use for sparring, weapons, or full contact.
- If the Headbanger is detached from the bag, avoid striking the still-attached loop base to avoid a rug burn effect.
- Inspect the gear before and after each use. If it becomes damaged in any way, or excessively worn, discard and replace it immediately. Signs of damage and excessive wear include: product is torn; foam is creased, cracked or compressed; hook/loop fasteners have lost "grab."
- Physical training and misuse of training gear involve risks of serious injury, disability, and death. Proper use of gear helps to reduce such risks but does not eliminate or guarantee protection against them.
- User assumes all risks of injury.

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Warranty

Macho warrants its products to be free from defects in materials and workmanship for 60 days from the date of purchase, provided the products supplied have not been subject to accident, alteration, negligence, abuse, or misuse. As the sole remedy under this warranty, Macho will, at its option, repair or replace non-conforming goods.

TO THE EXTENT ALLOWED BY LOCAL LAW, EXCEPT FOR THE OBLIGATIONS SPECIFICALLY SET FORTH IN THIS WARRANTY STATEMENT, MACHO'S LIABILITY AND THAT OF ITS VENDORS OF NEW GOODS SHALL NOT EXCEED THE VALUE OF THE GOODS SOLD. NEITHER MACHO NOR ITS VENDORS SHALL BE LIABLE FOR DIRECT, INDIRECT, SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES, WHETHER BASED ON CONTRACT, TORT, OR ANY OTHER LEGAL THEORY.

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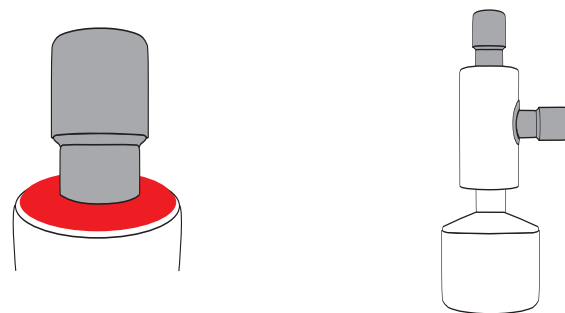
INSTRUCTIONS

To Use the Headbanger on a Free-Standing Punching Bag:

1. Peel the paper backing from the bottom of the Headbanger to expose the adhesive at the bottom of the unit.
2. Position and press the adhesive-covered circle onto the punching bag where you want it to remain permanently. Place it at a realistic level, on the top or side of the bag, for your height and ability. The adhesive works best on vinyl bags; avoid leather and canvas.
3. The Headbanger can be removed from the bag by separating the hook/loop fasteners. Carefully separate the soft loop base attached to the bag from the harder hook attached to the Headbanger.
4. Use the Headbanger for focus and accuracy training. It is not intended for power strikes.

To Clean and Disinfect:

- Wipe with warm soapy water. Do not submerge to avoid absorbing water which may damage the gear and promote mold and mildew. Wipe dry.
- To disinfect, spray with a mild bleach solution (1/4 cup bleach per gallon of water). Leave wet for 10 minutes for broad-spectrum disinfecting. Air or cloth dry and wipe away any bleach residue.



SEE WARNINGS ON OTHER SIDE.