

# User Manual for Round Training Pad

## 1. Product Description

The round training pad is designed for combat sports training, such as boxing, kickboxing, and MMA. Made from durable materials, it provides effective shock absorption, protecting both the trainer and the trainee.

## 2. Intended Use

The pad is used for:

- Training striking techniques
- Improving precision and power of punches
- Enhancing reflexes and coordination

## 3. Usage Instructions

- **Preparation:** Before starting the training, ensure the pad is in good condition, without visible damage.
- **Holding the Pad:** The trainer should hold the pad with both hands, firmly and securely, adjusting its position according to the exercise.
- **Exercises:** The trainee performs strikes on the pad as instructed by the trainer, maintaining proper technique and safety.

## 4. Maintenance and Care

- **Cleaning:** After each training session, wipe the pad's surface with a damp cloth to remove sweat and dirt.
- **Drying:** Allow the pad to dry at room temperature, away from direct heat sources.
- **Storage:** Store the pad in a dry place, protecting it from moisture and mechanical damage.

## 5. Precautions

- **Condition Check:** Regularly inspect the pad for damage. If cracks, abrasions, or other defects are found, discontinue use until repaired or replaced.
- **Safety:** During training, exercise caution to avoid injuries. Ensure the surroundings are free from obstacles.
- **Supervision of Children:** Children should use the pad only under adult supervision.