

INSTRUCTION MANUAL FOR NECK CROWN (DBX BUSHIDO)

1. Usage and Purpose of the Neck Crown

The neck crown consists of a strap that is worn around the head, with the possibility to attach additional weights (e.g., weight plates or a kettlebell) to perform exercises such as neck pulls or head raises while lying down.

Usage Guidelines:

- **Wear the crown** comfortably, ensuring that the strap fits snugly against your skin but is not too tight. Ensure the strap is evenly distributed.
- **Attach appropriate weights** (e.g., weight plates) using a carabiner or a specialized hook for a weight bag. Make sure the weight is securely attached and cannot move freely. Avoid using weights that are not securely fastened (e.g., dumbbells), as they may fall off and cause injury during training.
- The neck crown is designed for weight-bearing exercises like neck pulls, head raises while lying down, or other neck-strengthening exercises. Always start with lighter weights to avoid injury.
- Perform exercises in a controlled manner. Sudden or rapid movements can lead to injury. Gradually increase the load as your neck muscles become stronger.
- **Be cautious** and avoid using overly heavy weights, especially when starting, to prevent overloading the cervical spine.

2. Cleaning and Maintenance

To ensure the longevity of the neck crown, regular cleaning and maintenance are required:

- After each use, wipe the neck crown with a clean, damp cloth to remove sweat and dirt. Be careful not to allow the chains to come into contact with water to avoid corrosion.
- Use **mild cleaning agents** that will not damage the material of the strap.
- Regularly check the condition of the **carabiners**, chains, and other fastening components to ensure their safety and functionality.
- Store the neck crown in a **cool, dry place**, away from direct sunlight and heat sources.

3. Storing the Neck Crown

Store the neck crown in a dry place, away from moisture, which can lead to mold growth or material damage. Avoid exposing it to high temperatures, as this could cause the material to deform.

4. Checking the Technical Condition of the Neck Crown

Regularly inspect the technical condition of the neck crown to ensure safe usage:

- **Check the material:** Make sure the strap is not worn, cracked, or damaged.
- **Inspect the carabiners and hooks** used to attach the weights. Ensure they are securely attached and show no signs of wear.
- **Examine the chains and fastening components:** Ensure they are stable, with no risk of breaking or loosening during exercise.

5. Ingredients / Hazardous Materials

Some materials used in the neck crown (e.g., leather, rubber, metal) may cause allergic reactions in sensitive individuals. If any allergic symptoms occur after contact with the neck crown, stop using it immediately and consult a doctor.