

DBX BUSHIDO ANKLE AND WRIST WEIGHTS USER MANUAL

1. Usage and Purpose of Ankle and Wrist Weights

To ensure the effectiveness and longevity of the ankle and wrist weights, it is important to follow a few key guidelines. Ensure that the weights are properly fitted to the limbs and that the fastenings (Velcro or straps) are securely and comfortably closed. Loose weights can shift, increasing the risk of injury. Avoid using them on surfaces that may cause abrasion or damage the material. The weights are designed for specific activities, and using them improperly can result in injury.

2. Cleaning and Maintenance

After each workout, wipe the weights with a damp cloth to remove sweat and dirt. Regular cleaning prevents bacterial growth and the formation of unpleasant odors. Do not use harsh detergents or chemicals that may damage the material and reduce the lifespan of the weights. After cleaning, it is advisable to leave the weights in a well-ventilated area to dry.

3. Storing the Weights

Store the ankle and wrist weights in a dry, cool, and well-ventilated space. Avoid keeping them in damp rooms or closed sports bags for extended periods, as moisture promotes the growth of mold and bacteria. Store the weights in a way that allows air circulation, preventing moisture buildup.

4. Inspecting the Technical Condition of the Weights

Before each use, check the weights for damage, such as wear, material cracks, or damage to the fastenings. Damaged weights may not only reduce the effectiveness of your training but also pose a risk of injury. If you notice visible damage, replace the weights with new ones to ensure safe training.

5. Ingredients / Potentially Hazardous Components

Some ankle and wrist weights may contain materials that can cause allergic reactions in sensitive individuals. If you experience symptoms such as redness or itching, stop using the weights immediately and consult a doctor.