

XBAG[®] – instruction manual

INTENDED USE OF THE EQUIPMENT

Training with XBAG is used to improve the general physical condition, to strengthen muscles and joints, and to improve shape through building muscles and burning fat. Because of a wide range of existing exercises it's recommended for players of various sports and for rehabilitation after injuries of organs of movement.

RECOMMENDED EQUIPMENT WEIGHT

In view of the nature of the exercises, excessive weights should not be used to train. Remember that joints and tendons take longer to adapt to high loads, and overloading them leads to injuries.

Note: the given weight ranges are a suggestion only. Weight should be adjusted to the abilities of the person that's training, and to the muscles that are being trained.

experience level	men	women
beginner	8-12 kg	6-8 kg
intermediate	13-18 kg	9-13 kg
advanced	19-24 kg	14-18 kg

FILLING INSTRUCTIONS

The device can be filled up with loose load (e.g. sand, gravel etc.) or with solid loads (e.g. barbell plates). The device is equipped with a set of 3 inserts where the chosen filling should be placed.

The final weigh of the device depends on the filling used and should not surpass 40 kg.

FILLING METHOD

1. Open XBAG and remove the inserts that are inside.
2. Empty the inserts of fabric offcuts/fluff.
3. Put in the amount of filling corresponding to the weight you need to achieve.
Advice: in the case of sand/gravel it is recommended to first put it inside a plastic bag, and then put everything into the case – this way the insert will be more tight.
Advice: if metal elements are used (e.g. barbell plates) it is recommended to wrap them with a material to increase the comfort of training.
4. Use the fabric offcuts/fluff that you've taken out before and use them to fill in the unused space inside the device, to give it the proper shape.
5. After closing the device, it's ready to be trained with.

NOTE: We offer ready-to-use filled up inserts of any weight. If you're interested in buying a ready insert, please check our offer on bushido-sport.pl or phone us: phone no 505 555 478, or e-mail us: bok@bushido-sport.pl