

## Important Safety Instructions

It is the owner's/manager's responsibility to ensure that all users of this equipment become familiar with the contents of this manual, to instruct users on the proper operation of the equipment, and to warn them of the potential hazards.

## Prior to Use

- Before beginning any fitness program you should obtain a complete physical examination and the recommendation of your physician.
- Read all instructions before using the equipment.
- Do not allow children on or near the equipment.
- Inspect the unit carefully for any worn, loose, or missing parts. If any defect is suspected, do not use! Report suspected problems to authorized personnel immediately!
- Use the equipment only for its intended purpose.
- Do not wear loose or dangling clothing or jewelry while using the equipment.
- Always warm up adequately prior to engaging in any exercise.
- Know how to properly perform the desired exercise. Be sure that you are familiar with safe exercise technique. When in doubt, consult a Certified Trainer.
- Do not overexert yourself or work to exhaustion. When in doubt, consult a Certified Trainer.
- If you feel faint, dizzy, or experience pain, then stop your workout immediately and consult your physician.

## Use Instructions

**⚠WARNING:** BEFORE EACH USE MAKE SURE LANDING AREA IS CLEAR OF PEOPLE. USE ONLY FOR INTENDED PURPOSE.

## Maintenance Documentation

Before the start of each session, and before putting implements up for the season, coaches should inspect each implement carefully to determine the safety of each implement.

**Shot Puts:** Coach should ensure that each shot put is defect free of indentions, cracks, holes, etc. Indoor shot puts should have their plug inspected to ensure they are intact and leak free.

## Replacement Parts

**Shot Puts:** There are no replacement parts for shot puts.

**⚠WARNING:** FAILURE TO COMPLY WITH THESE GUIDELINES COULD RESULT IN SERIOUS INJURY OR EVEN DEATH!