

## 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.

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

## 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.

Coach should ensure that each implement is defect free of indentions, cracks, holes, loose pieces, etc.

**! WARNING RUPTURE OR LEAKAGE OF CONTENTS COULD RESULT IN  
TRIP HAZARD. CONTENTS HARMFUL OR FATAL IF SWALLOWED.**

## Replacement Parts

**Shot Puts/Discus:** **DO NOT ATTEMPT TO REPAIR.** There are no replacement parts for shot puts.

**Javelins:** Grip chord and rubber tips may be purchased.

**Hammers:** Handles, wires, and swivels may be purchased.

**Indoor Throwing Weights:** Handles, swivels, bags, and balls may be purchased.