



Warning:

This STRAP when used with the Hammer Head is intended for physical conditioning. User should consult a physician before starting any exercise or training program. It is recommended that all users of this product train under the supervision of a qualified instructor. Sprain, dislocated bone, broken bone, pulled muscle, hyper-extended joint, hand injuries, including but not limited to jammed and dislocated fingers and other injuries including death or paralysis can occur when using this type of product. To decrease the chance of injury, user must inspect this product before each use. Improper or illegal use of this product is prohibited. Purchasers, users and participants assume all risk of injury.

Warning Note:

Prolonged use of the STRAP may cause the foam handle on your Hammer Head to split or tear. It is recommended that you tape the foam handle with common athletic tape to help prevent wear and tear from excessive or prolonged use.

Instructions for Hanging:

The Hammer Head adapts easily to most Heavy Bags. Some Heavy Bags may require more than one STRAP to prevent shifting. Depending on the condition of the Heavy Bag, the size of the bag and the material it is made of, shifting may occur.

- (1) STRAP hanging (see Fig 2)
- (2) STRAPS hanging (see Fig 3)

Instructions for Hitter:

The Hammer Head is not like other focus mitts on the market today. This product will help simulate a more realistic feel for what it's like to strike an attacker. The Hammer Head was designed to help improve and condition your hand strikes. It is not recommended for kicking.

- 1) Start out slow, gradually increasing your power.
- 2) If you feel any discomfort while striking the Hammer Head, you may need to adjust your weapon.
- 3) Be responsible to the holder: Give the holder enough time to react to the strike. They may need to adjust their grip.
- 4) Always inspect the Hammer Head for damage caused by excessive or improper use.
- 5) Review warning label before starting.
- 6) Hitting outside the target areas may cause discomfort for the holder.

Warranty:

LSTK, Inc., warrants this product to be free from defects in material and workmanship for a period of 60 days from date of purchase, provided the product has not been subjected to obvious abuse, neglect, misuse, or alteration. The Hammer Head is not intended for kicking and any such abuse, neglect, misuse, or alteration will void warranty. LSTK's sole liability is limited to repairing, or replacing products that are returned prepaid to LSTK within this 60-day period. In no event shall LSTK's liability exceed the value of the product sold.

Customers should send returns with the original sales receipt to the following address. Customer is responsible for return shipping charges.

LSTK
13400 S. Rt. 59
Suite G #172
Plainfield, IL 60544

You may contact us at sales@thehammerhead.com



Fig 1

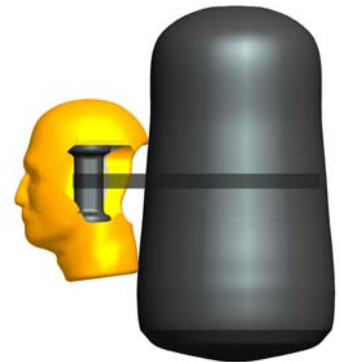


Fig 2



Fig 3