



Warning:

This product 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. Refer to Fig. 1 for product warning label location.



Fig. 1

Instructions for Holder:

The Hammer Head is a unique striking pad that gives unsurpassed realism. Although it is different than other focus mitts on the market today, many of the same precautions should be followed when using this product. Ask a qualified instructor for help if needed:

- 1) Read warning label before using this product
- 2) Position your grip with the knuckles facing the insert side opening (Fig. 2). Larger hands will fit firm against the inside foam walls of the Hammer Head.
- 3) The pressure felt by the holder when a strike is delivered is no different than the pressure that is felt when the holder becomes the hitter.
- 4) Always keep your elbow bent to help absorb the strike.
- 5) Position your grip close to the top of the handle for better control, comfort & protection.
- 6) Always know where the strike is going and what type of strike is being delivered.
- 7) Do not resist any type of strike- always go with the direction of the strike.



Fig. 2

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 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. See Fig. 3 for target area, represented by white color masking on the Hammer Head

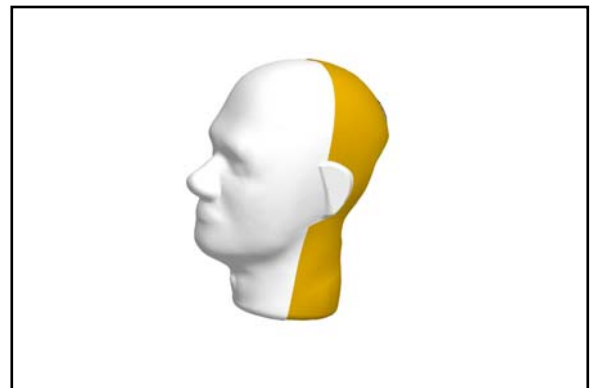


Fig. 3

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. 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:

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

You may also contact us at service@thehammerhead.com