

Punchercizer

PAT. PENDING

Phone 1-800-491-0285

"Punch Me Baby"

The treadmill's best buddy!

Fax 703-525-9229

921 N. Jackson Street

Arlington, VA 22201

www.punchercizer.com

This stand can be used with any treadmill or by itself for exercising or boxing. Adjustable to all sizes.

Using the Punchercizer can:

- give you a great upper and lower body workout!
- help improve your self defense skills!
- Burn fat and calories in a fun and exciting way!
- Improve Karate training, Tae Kuan Do training, kick boxing soccer kicking and martial arts!

Why punch the air when you can punch the real thing? The bag always returns immediately to the punching position everytime you punch it! It's great for skill and accuracy training.

You can use the Punchercizer for a great aerobic workout when you use an upper and a lower bag.

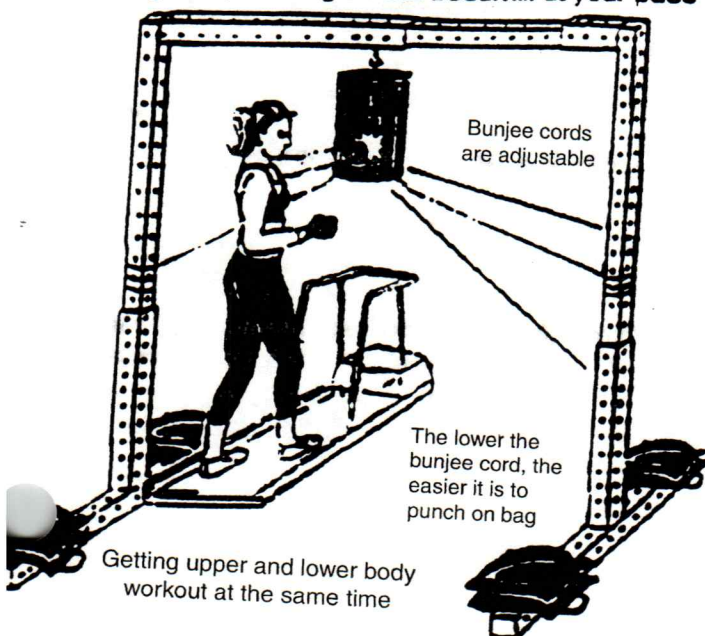
Try the following routine:

- Warm up with the right hand punch, left hand punch, upper bag
- Double right hand punch, double left hand punch, upper bag
- Add legs to the workout: right leg kick, left leg kick, lower bag
- Double right leg kick, double left leg kick, lower bag
- Now really have fun! Right hand punch, left leg kick, upper bag
- Left hand punch upper bag, right leg kick, lower bag
- Cool down with right hand punch, left hand punch, upper bag

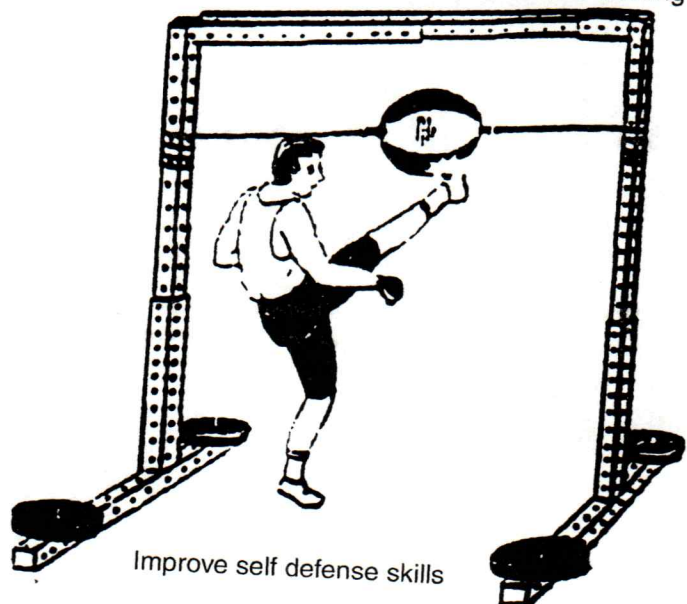
That's right, now you can get a fun and exciting fat burning aerobic workout using the Punchercizer using 1 or 2 bags. If you secure the Punchercizer to the floor, the stand can be used for pull-ups!!

- Guaranteed to lose weight!
- Note: Flexibility & shaking of both bags & stand is a part of Punchercizer. We've designed Punchercizer to help improve your speed, stamina, & rhythm – accuracy. This item frame is also made to be setup, adjusted, & taken apart easily.

Walking and punching on the treadmill at your pace



Karate, kick boxing and Tae Kuan Do training



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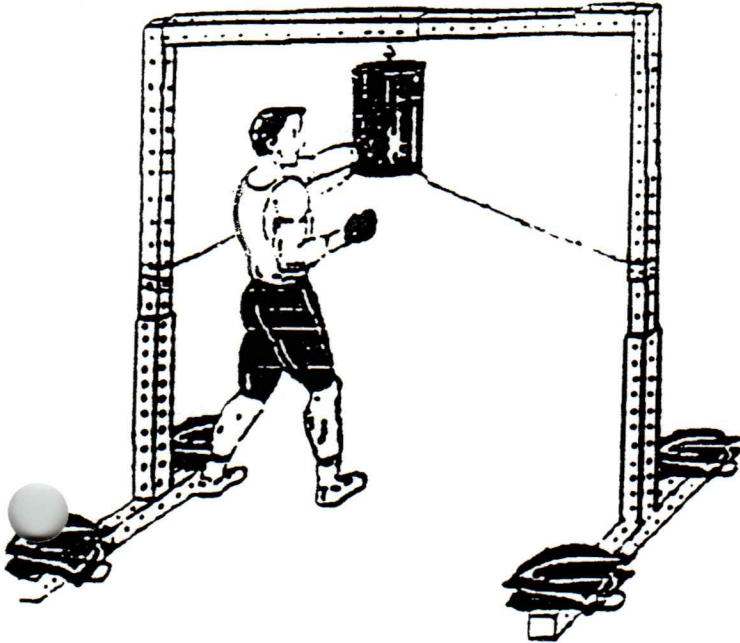
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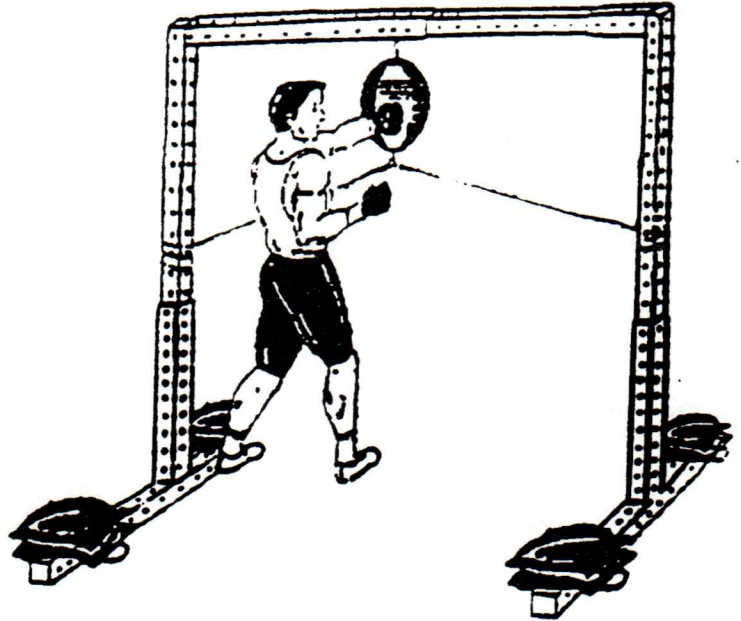
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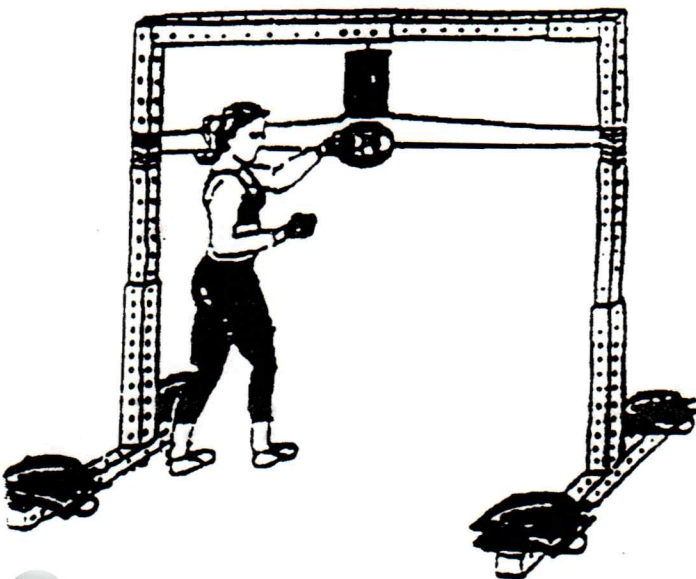
Boxing Training



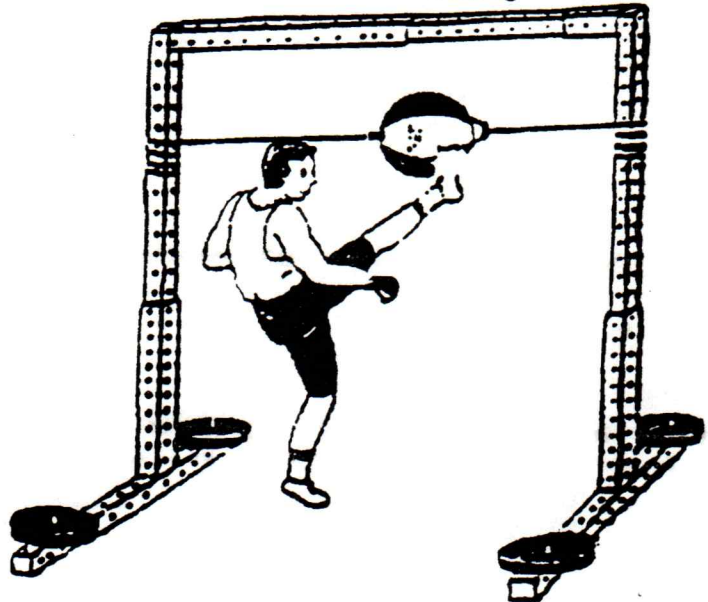
Boxing Training



Aerobics with 2 bags



Martial Arts Training

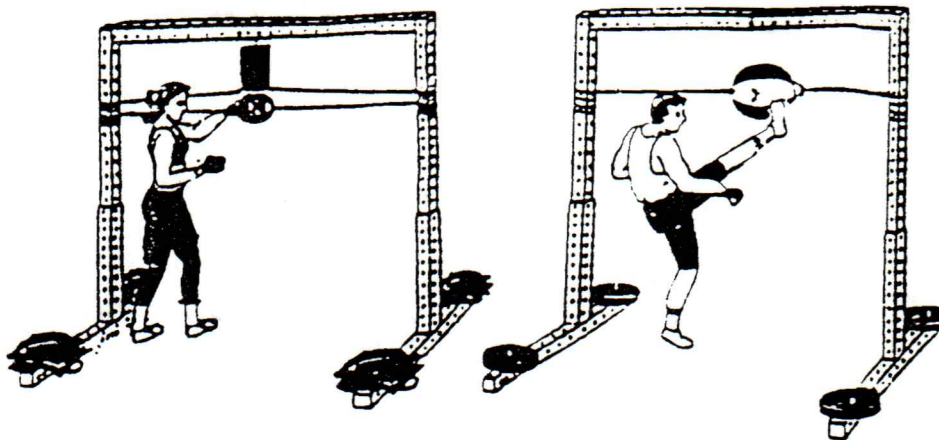
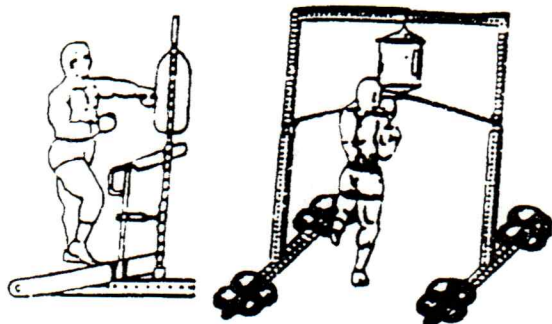


PUNCHERCIZER

PUNCH ME BABY!

The Treadmill's Best Buddy.

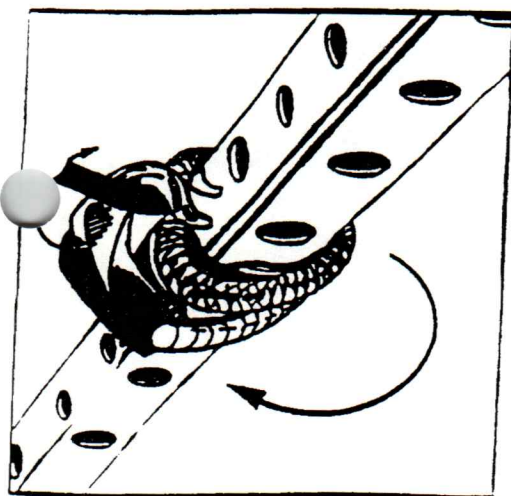
This stand can be used on all treadmills or by itself for boxing. Adjustable for all sizes



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Secure your Punchercizer by placing 2 sand bags (shown above) at the end of each T base.

FILL BAG WITH SAND OR PEAGRAVEL

Attach weights to T base as shown

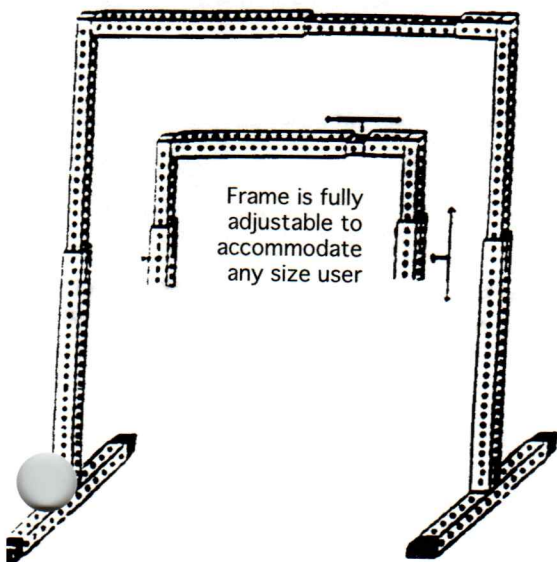
Secure T base to floor as shown

Suggested Options:

Secure posts with nuts and bolts as shown



Frame is fully adjustable to accommodate any size user



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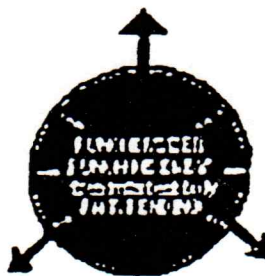
This stand can be used with any treadmill or by itself for exercising or boxing. Adjustable to all sizes.

The Punchercizer is only \$189 dollars and
comes with bag #3
(Plus shipping & handling)

Punchercizer Bags



bag #1 \$28



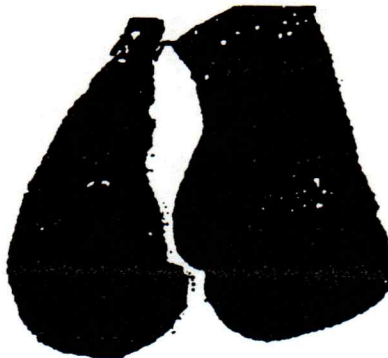
bag #2 \$35



bag #3 \$26



bag #4 \$25



gloves \$22



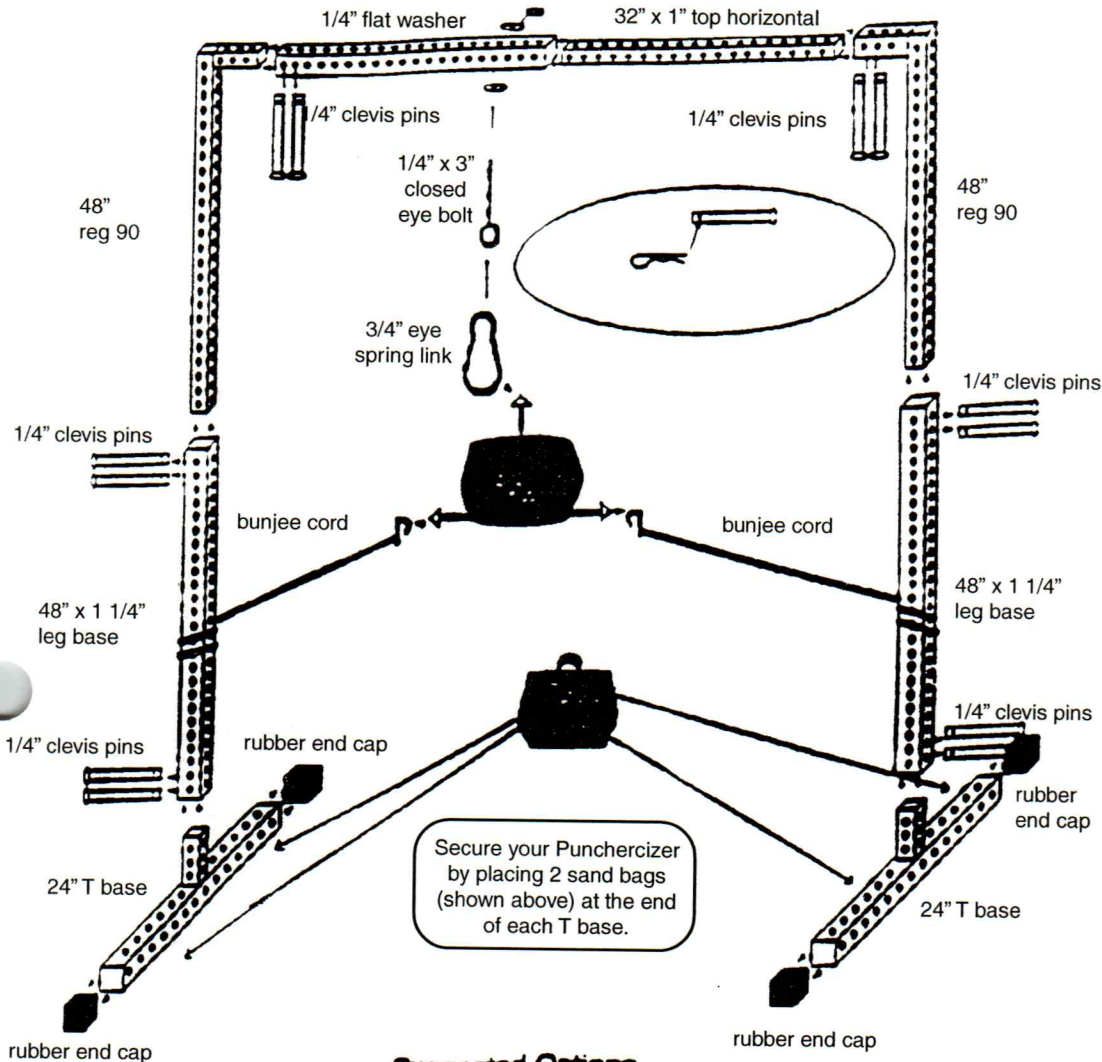
sand bag \$3.50

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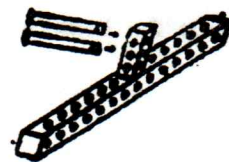
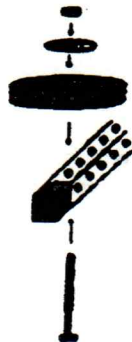
Suggested Options

Attach weights to T base as shown

Secure T base to floor as shown

PLEASE NOTE: FIRST TWO HOLES NEED TO BE USED FOR THE PIN'S ON THE TEE AND THE 90

Secure posts with nuts and bolts as shown



Punchercizer Assembly Guide

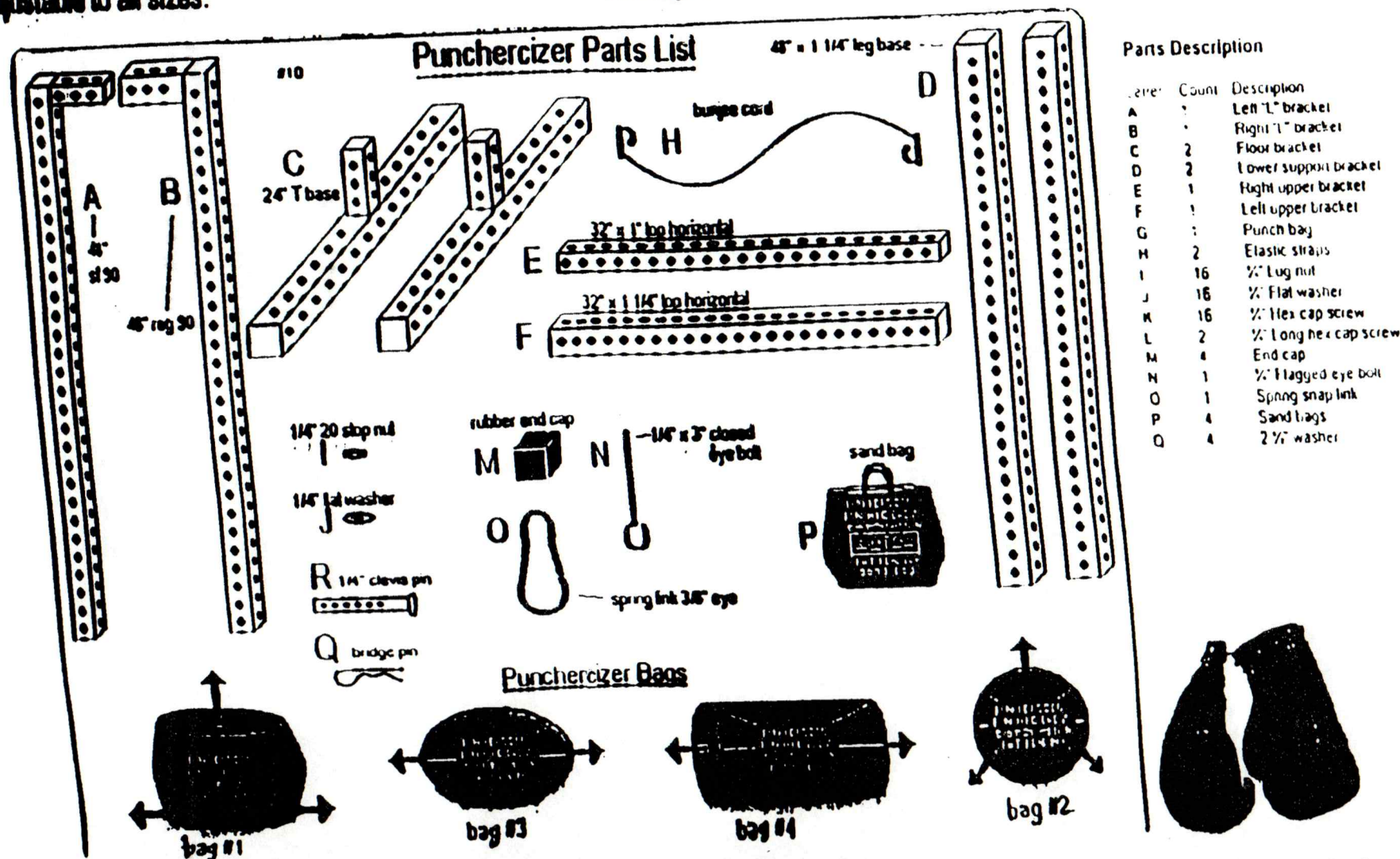
Thank you for purchasing the Punchercizer. Putting the Punchercizer together is very easy and can be done in a short period of time. To assemble the Punchercizer, begin by taking an inventory of your parts. Match each Punchercizer part to its corresponding letter. The parts list is shown on the next page

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2. Fill 8 bags to the top with pea gravel.
3. Place 2 at the end of each leg base.
4. Or secure the stand by attaching it directly to the floor or place 50lb. weights at the end of each leg base.
5. Note: the stand may shake with normal use, but it won't fall down.
6. If using the stand with a treadmill, position the stand in a comfortable position.
7. Adjust bungee cords from tight to loose to your workout preference.
8. Note: If the bag is not punched on target, it may not behave correctly.
9. If you are using a treadmill on incline, either remove or reposition the bag.
10. Always remember to start off workouts at a slow pace.



WARNING: When using any bag it is recommended that you use well padded bag gloves and handwraps. This will provide a degree of protection but is not warranted to prevent injury. Users of the Punchercizer must assume all risk of injury. Any injury sustained during the use of the Punchercizer shall be solely the responsibility of the user.

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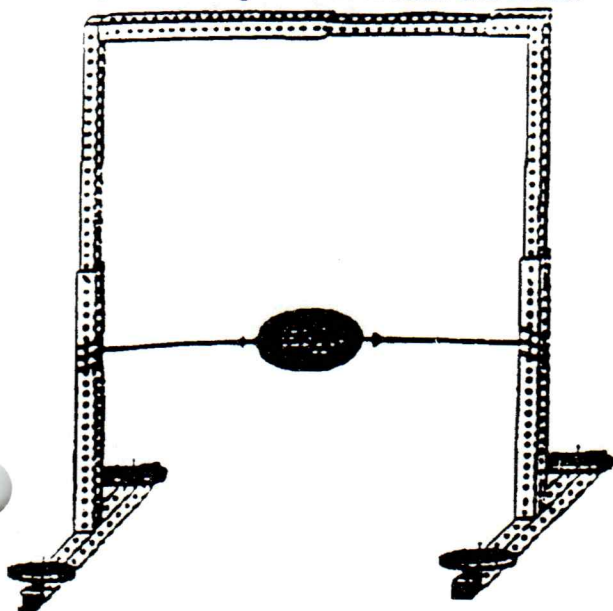
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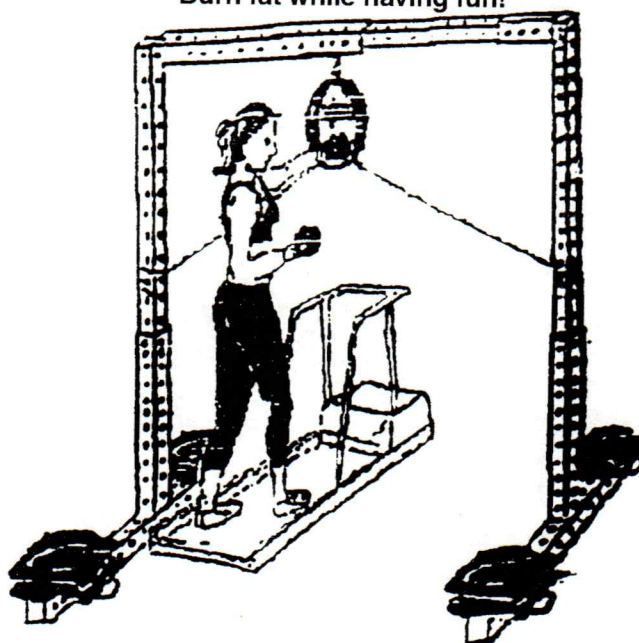
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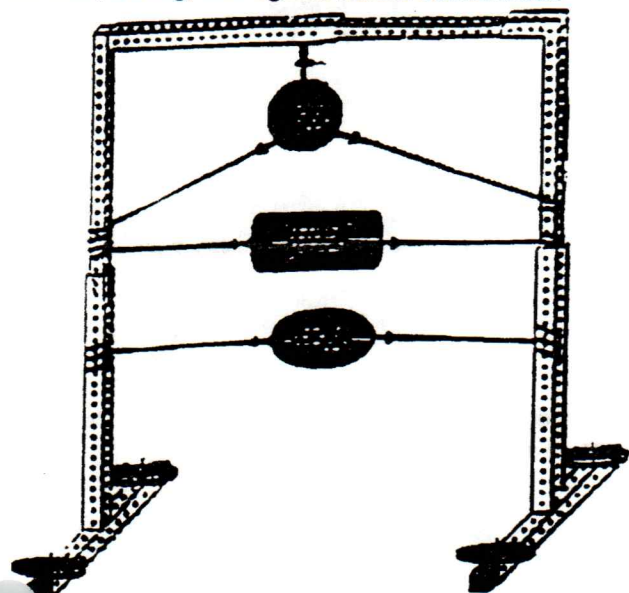
Improve kicking skills for football and soccer



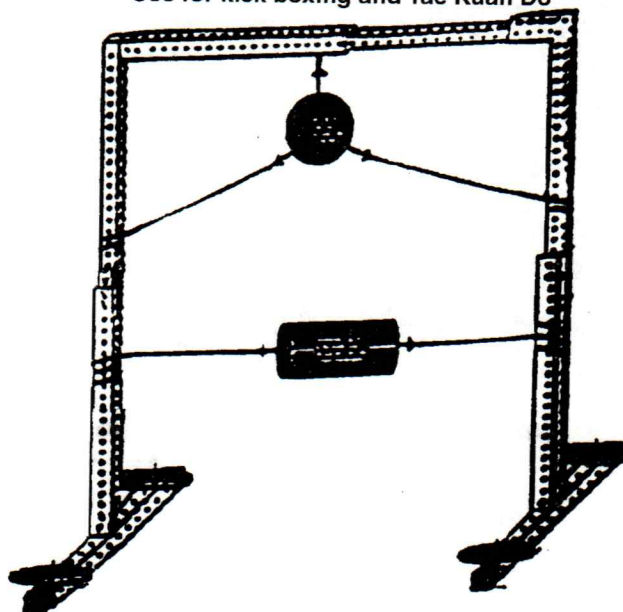
Burn fat while having fun!



Aerobic, boxing, kicking and Karate combination



Use for kick boxing and Tae Kuan Do



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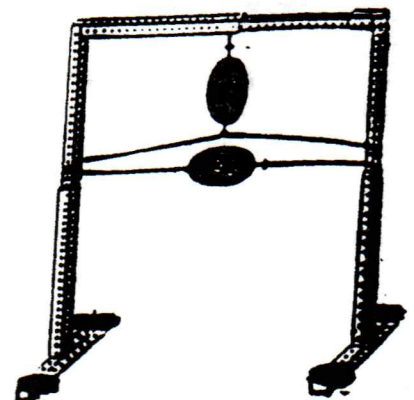
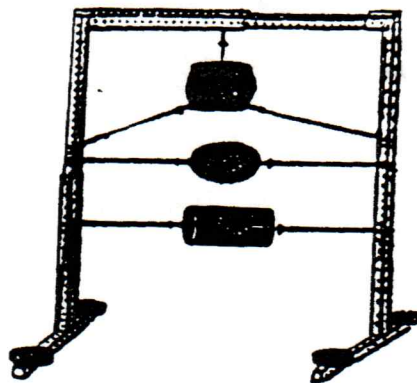
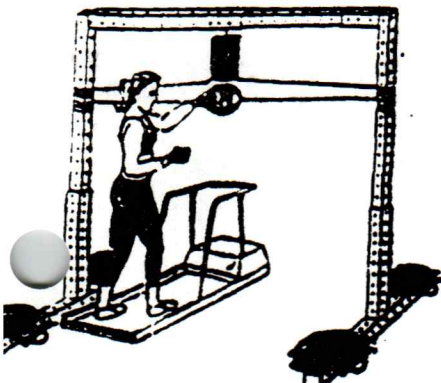
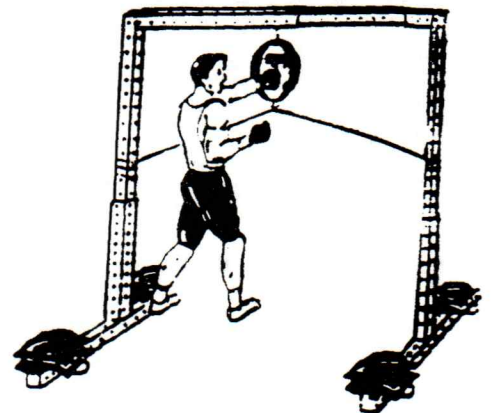
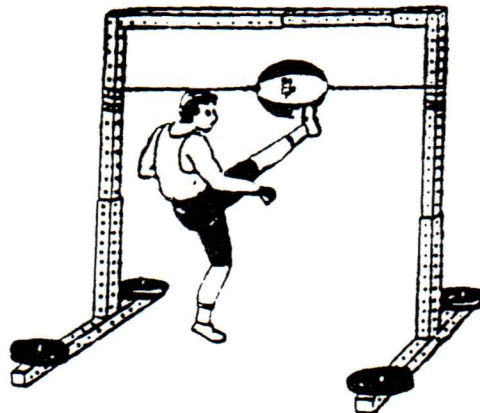
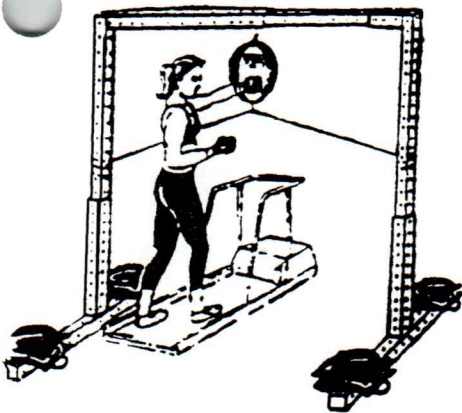
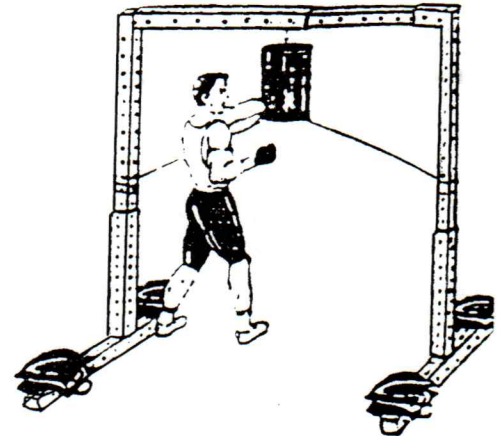
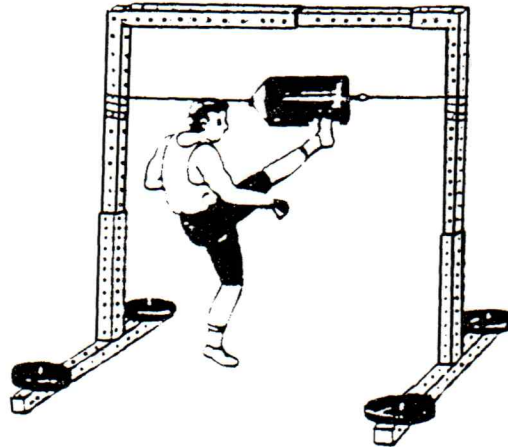
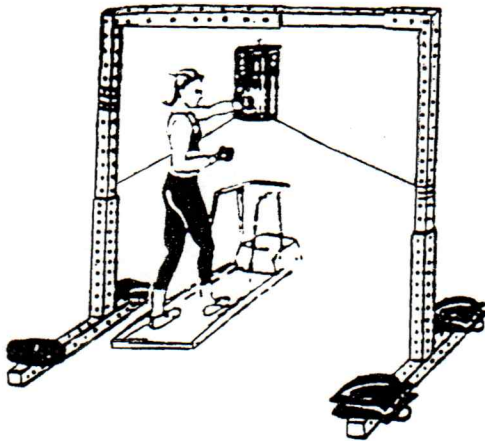
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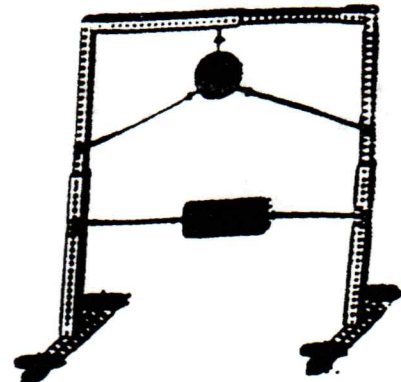
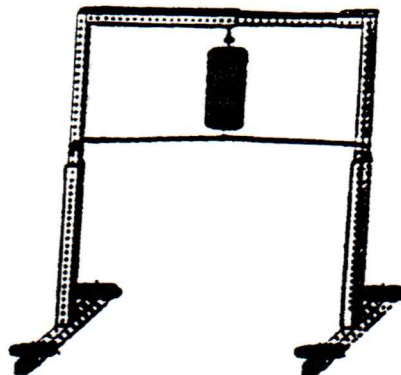
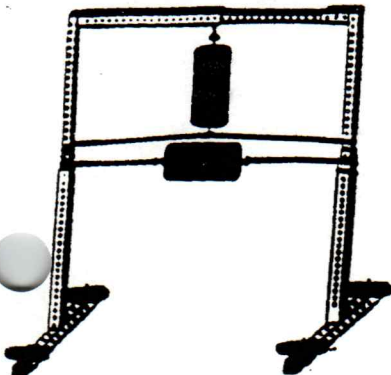
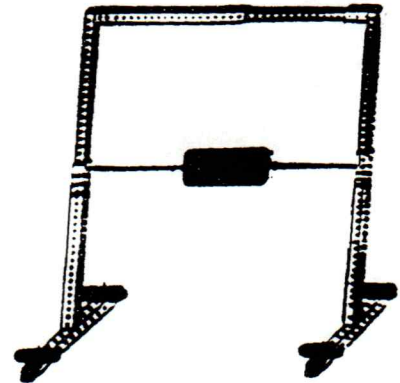
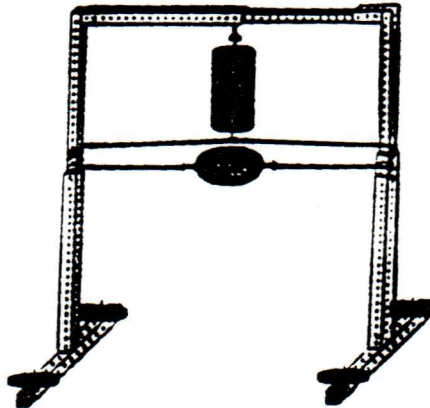
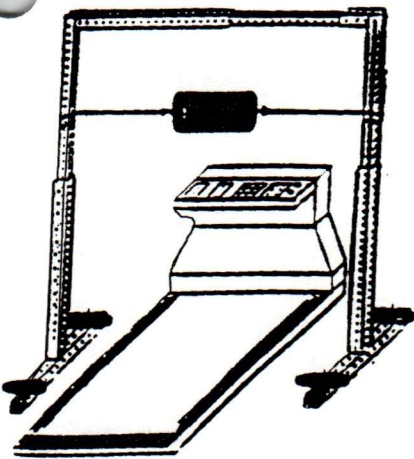
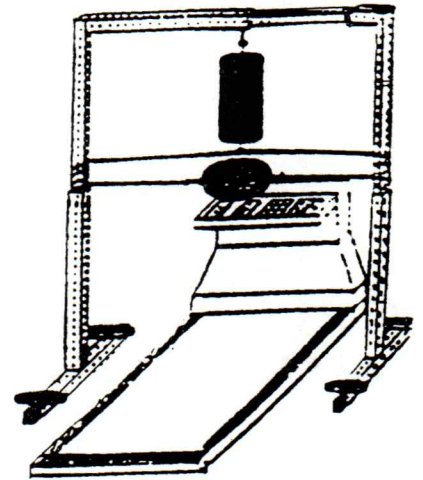
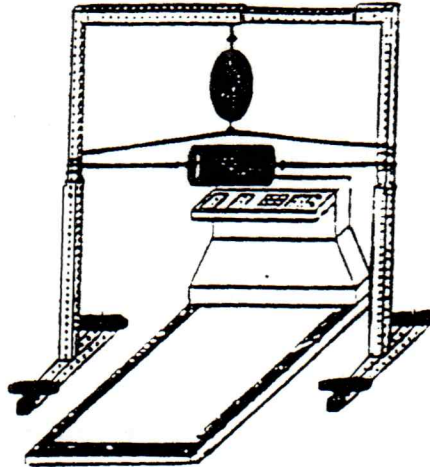
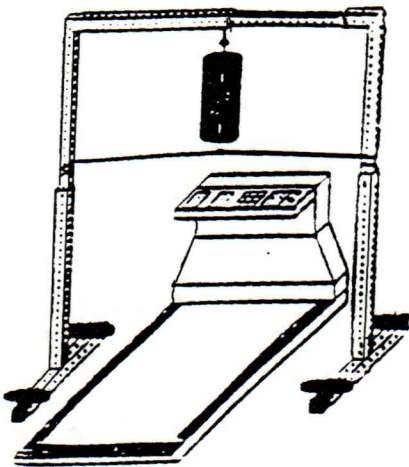
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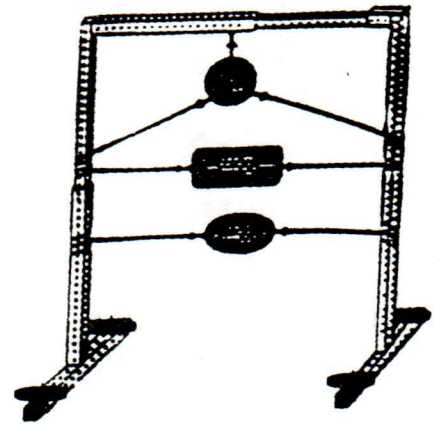
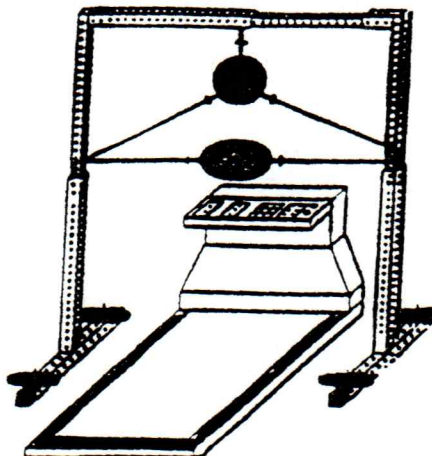
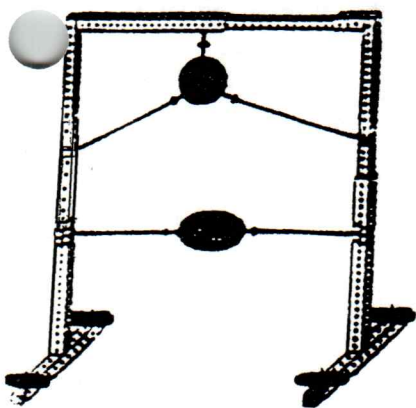
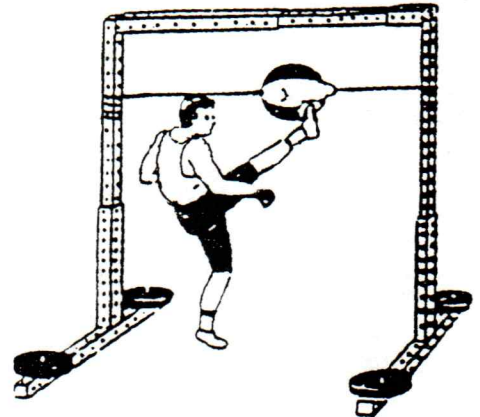
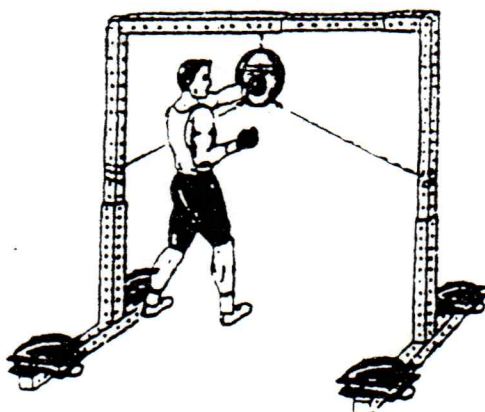
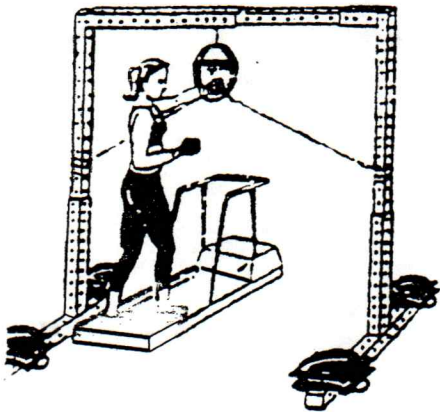
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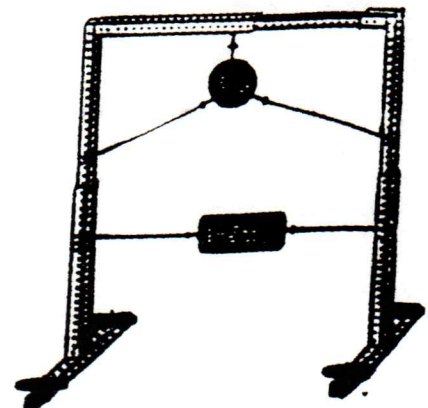
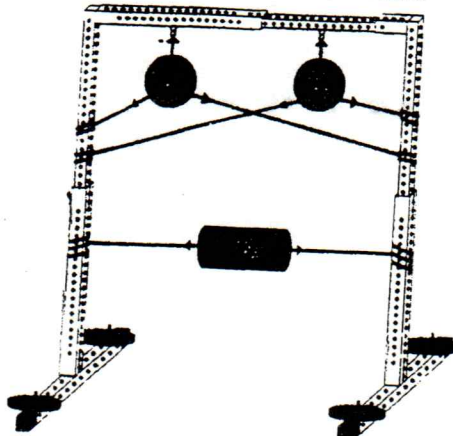
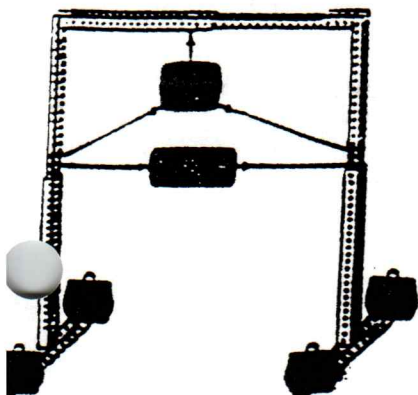
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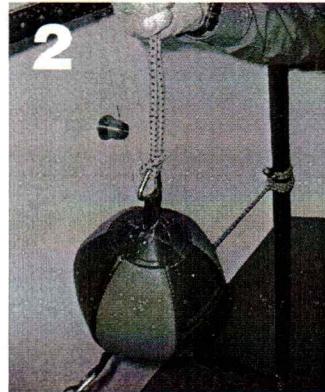
Use this combination for aerobics, kick boxing, martial arts, etc.



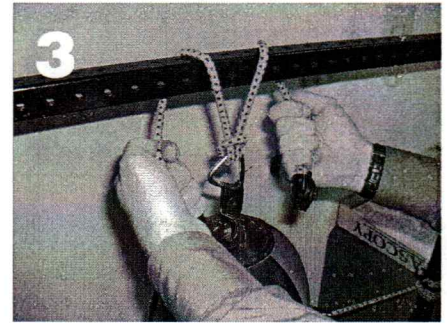
How to assemble your Punchercizer



1 Double the cord and push through ring on bag. Insert ends of cord through loop.

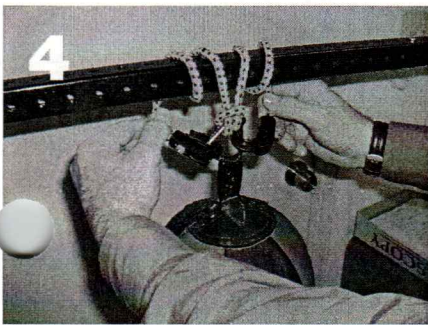


2 After pulling through, tighten.

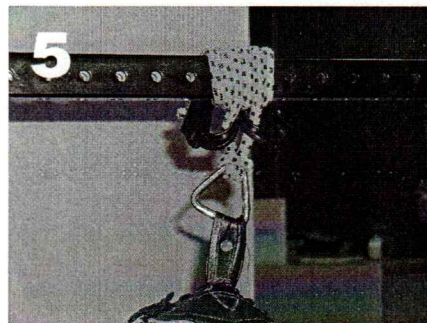


3 Hook bag to bar as shown.

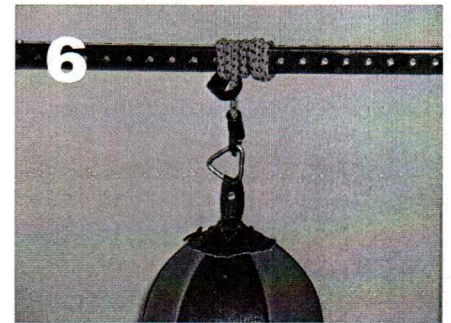
There are multiple ways to strap the bag to the frame.



4 wrap around as many times as necessary to secure bag.

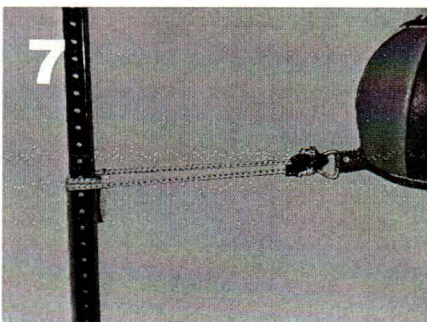


5 insert hooks onto cord, or ring on bag.

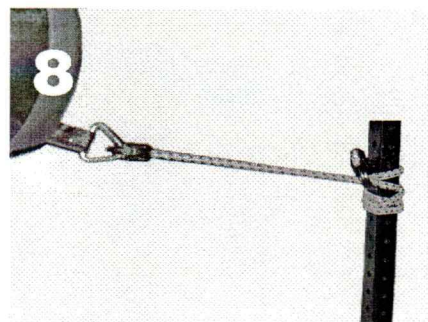


6 or attach hook to ring and wrap cord around bar to desired tension and attach other hook to wrapped cord

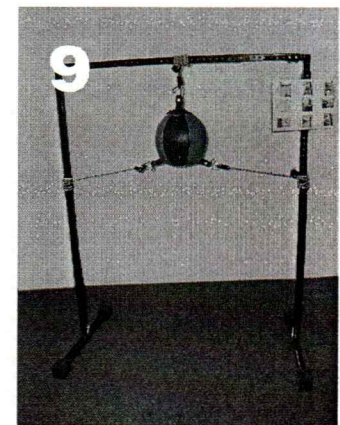
Do not over tighten the straps! Experiment with the tension for different kinds of bounce, and different kinds of excitement!



7 to attach to side bar, attach hook to ring, wrap cord 2 or 3 times around bar and attach other end to ring...



8 or attach hook to ring and wrap cord around bar to desired tension and attach other hook to wrapped cord



9 Assembled Punchercizer. Hang manual anywhere on frame with pin.