

TUNTURI®

MANUAL

SLAM MAN

14TUSBO081



FEEL BETTER **EVERY DAY**

More info



TABLE OF CONTENTS

Assembly instructions	Page 3
Important Safety Tips	Page 6
User Information	Page 7
Getting Started	Page 8
Operating Instruction	Page 9
Specifications & Parts	Page 11
How To Choose Your Punches	Page 12
Workout Routine Principles	Page 13
Sample Workout Routine	Page 15
Trouble Shooting	Page 16

IMPORTANT SAFETY TIPS

Before starting this or any other exercise programme, consult your physician. Certain exercises, programmes and types of equipment may not be appropriate for people over the age of 35 years, pregnant women, or those with pre-existing health problems or balance impairments.

Read **ALL** instructions before using any fitness equipment.

Start out slowly and progress sensibly at a pace that is suitable for you.

Monitor your heart rate whilst you exercise and maintain your pulse within your target heart rate zone.

Do not over exert yourself with this or any other exercise programme. Listen to your body and respond to any reactions you may be having. Please ensure you distinguish between discomfort like fatigue, and pain which hurts. Should you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately and consult your physician before continuing.

Stay hydrated, drinking plenty of water before, during and after your workout.

Set up your Tunturi Slam Man on an appropriate solid, flat surface with plenty of clearance space around it. Do not assemble or use on a wooden floor, please ensure the floor area is protected with a non-slip mat.

It is imperative to ensure the base of the Tunturi Slam Man is filled with approximately 100kg of dry sand to ensure stability.

Remove all jewellery and wear appropriate clothing when exercising which should be lightweight and comfortable. Wear athletic shoes and boxing/bag/MMA gloves when using the Tunturi Slam Man. **DO NOT** use this product with bare feet or unprotected hands.

The Tunturi Slam Man is not intended for use by children, please do not leave children unattended around this product.

Tunturi New Fitness B.V. (Tunturi) assumes no responsibility for personal injury or damage to property sustained by or through the use of this product.

USER INFORMATION

LIMITED WARRANTY

Tunturi warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one year on all parts and components from the date of purchase. This warranty extends only to the original purchaser. Tunturi's obligation under this warranty is limited to replacing damaged or faulty parts at Tunturi's option.

All returns must be pre-authorized by Tunturi. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, purchasers own repairs or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Tunturi.

Tunturi is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Your statutory rights are not affected.

CARE & STORAGE

Your Tunturi Slam Man has been carefully designed to require minimum maintenance. However, to ensure this we recommend the following:

1. Keep your Slam Man clean by wiping sweat, dust or other residues off with a soft, clean dry cloth after every use.
2. Examine regularly for signs of damage or wear and tear.
3. Inspect and tighten parts before using the Slam Man.
4. Replace any defective components immediately and/or keep the machine out of use until repair.

IMPORTANT: This user manual is the authoritative source of information about your Tunturi Slam Man. Please read it carefully, follow all the instructions and retain for future reference.

GETTING STARTED

The following instructions will prepare you to learn how to use your Tunturi Slam Man correctly:

Once your Tunturi Slam Man is assembled and the base filled with sand, make sure it is on a solid, stable surface with plenty of room around it.

Adjust your Tunturi Slam Man to the appropriate height, by loosening the brackets at the back and move the upper section up or down until you achieve a height similar to your own. When you are ready for another challenge, adjust the Tunturi Slam Man up or down for a taller or shorter opponent.

Remove all jewellery and put on boxing, bag or MMA gloves before you begin your workout.

OPERATING INSTRUCTIONS

PROGRAM DESCRIPTION

Eight lights are lit in a 15 count sequence depending upon the programme selected. Each routine will repeat the same sequence of lights for a specific routine at any level until interrupted, or until the time expires.

FUNCTIONS

1	TIME	From 0:00 - 99:59 minutes
2	PUNCHES	From 0 - 9999
3	LEVEL MODE	Level 1, level 2 and level 3 are shown by three LED lights in the middle on the right hand side
4	ROUTINE PROGRAMS	I, II, III, IV, V (Random). Five programs are shown by five LED lights in the middle on the left hand side

OPERATIONS

1. Press any button to activate monitor.
2. Press MODE button to select 3 modes; Programme, Level and Timer. A flashing LED indicates the active mode.
3. In Programme Mode: Press up / down buttons to scroll to desired programme. There are five routines to choose from, I, II, III, IV and V.
4. Press MODE button to scroll to next mode.

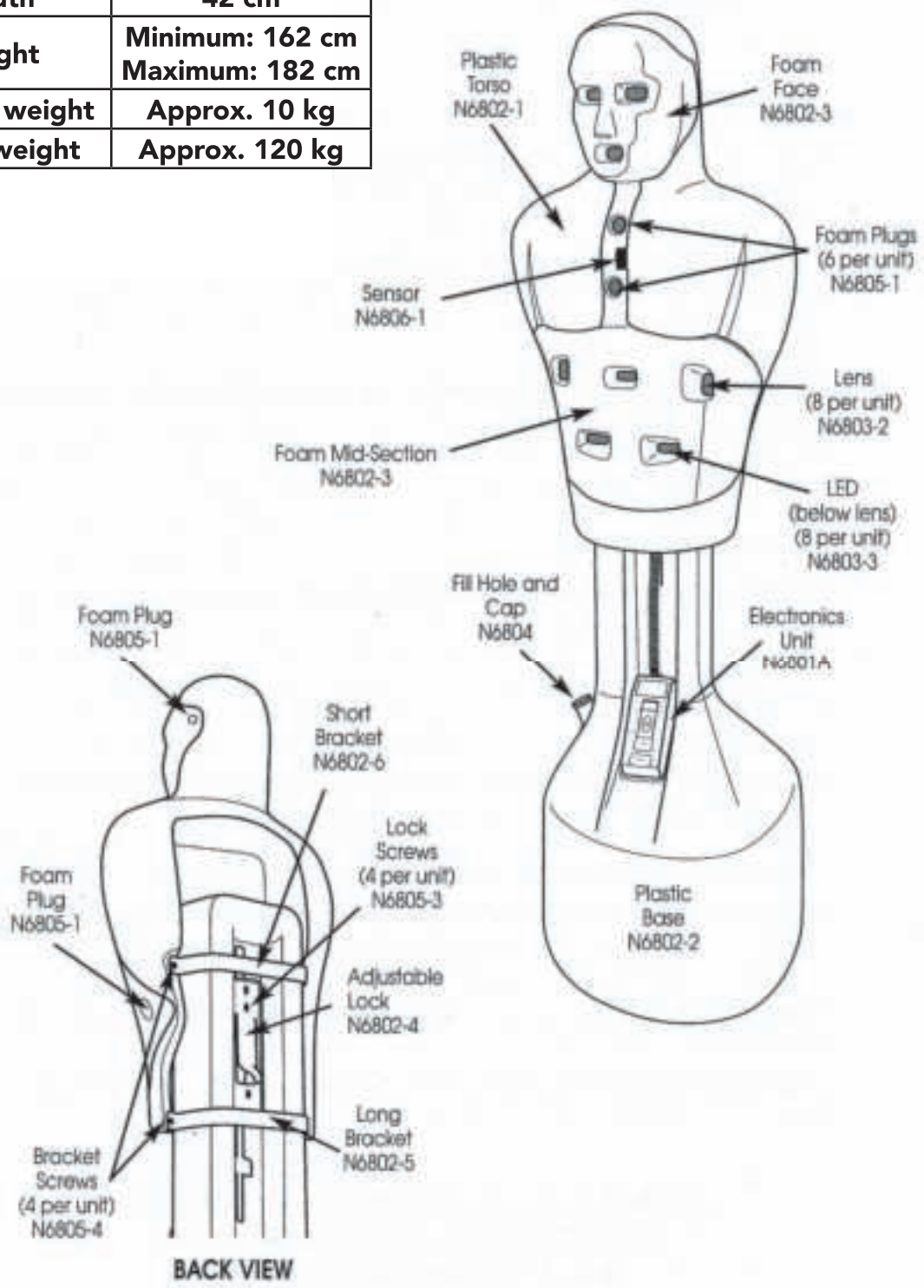
In LEVEL MODE: Press up / down buttons to desired level of difficulty. There are three levels:



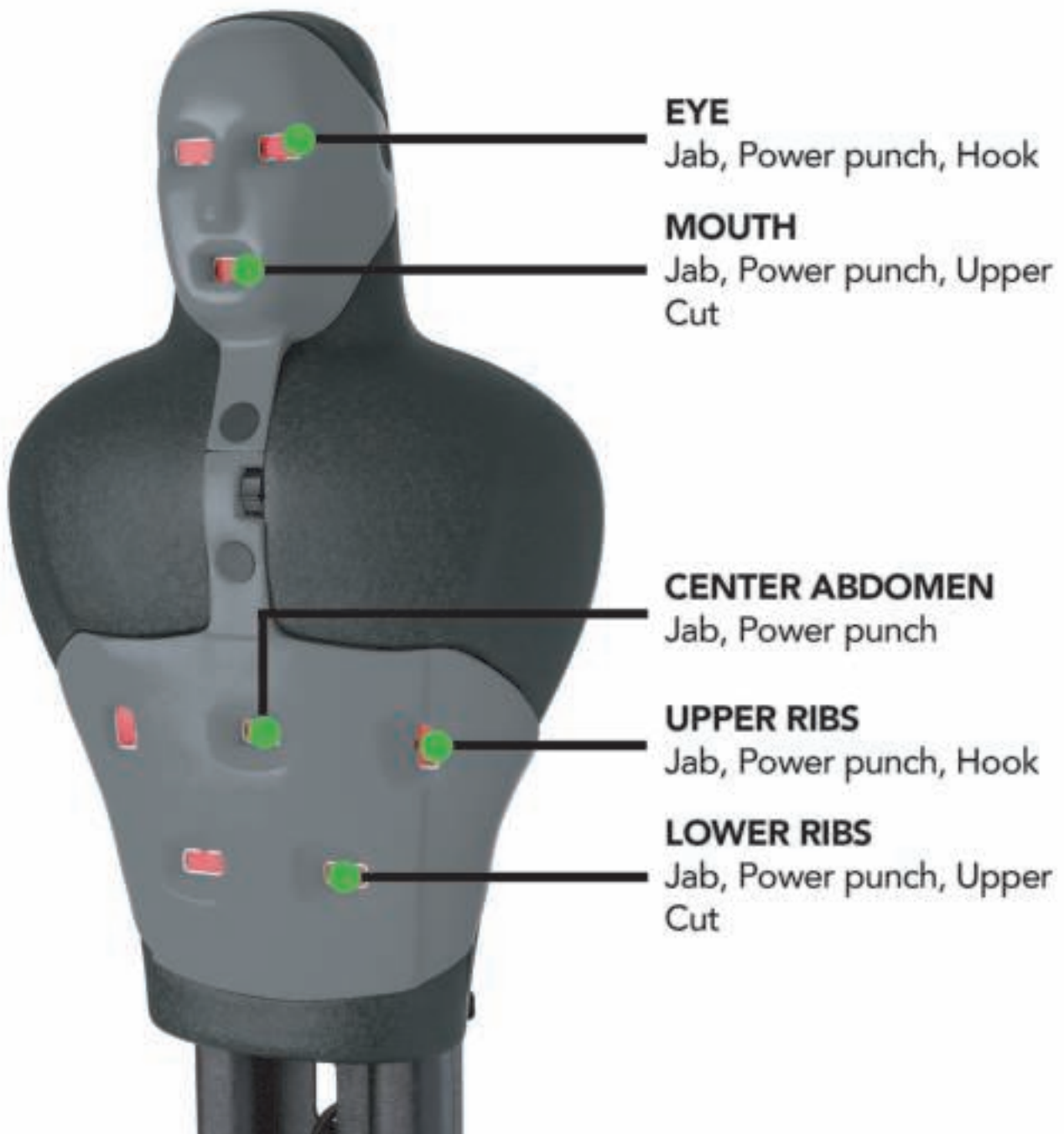
Level 1	Beginner program	Light are lit for 0.5 seconds; 15 light sequence repeats continuously until time expires or Start/Stop button is pressed
Level 2	Intermediate program	Light are lit for 0.3 seconds; 15 light sequence repeats continuously until time expires or Start/Stop button is pressed
Level 3	Advanced program	Each light remains lit until punched. This level will keep score for you

SPECIFICATIONS AND PARTS

Length	46 cm
Width	42 cm
Height	Minimum: 162 cm Maximum: 182 cm
Unfilled weight	Approx. 10 kg
Filled weight	Approx. 120 kg



HOW TO CHOOSE YOUR PUNCHES



WORKOUT ROUTINE PRINCIPLES

Your Tunturi Slam Man Workout consists of three phases

WARM-UP

To prevent injury and maximise performance, we recommend you begin each workout with at least 5 minutes of gentle exercise that gradually increases your heart rate and warms your muscles. This can be done by practicing all the Slam Man workout movements at a slow tempo and easy range of motion.

AEROBIC AND MUSCLE TONING WORKOUT

To maximise the health and fitness benefits that you seek, the warm up should be followed by 15–20 minutes of aerobic boxing, 2-3 times per week with your Tunturi Slam Man. Build up to this amount as your fitness levels improve and progress at a rate that is comfortable to you. As your fitness level increases you may want to gradually increase the length and intensity of your workout to a total of 30 minutes, most days of the week.

Once the basic workout is comfortable for you, interval training offers the opportunity for greater workout variety, increasing cardiovascular benefits and calorie burning. Interval training means alternating short periods between high intensity workouts (using the whole body), and lower intensity workouts (using upper body only). When performing at higher levels of intensity you will work at a level that is at the higher end of your target heart rate zone, and lower intensity at the lower end of your heart rate zone.

Monitor your heart rate throughout your workout, this will help determine the level of exertion that is safe and appropriate to you and serve as a good measure when monitoring your progress. There are three variables that will help control the intensity of your workout.

Speed – Choose from three different skill levels which are programmed into your Tunturi Slam Man. Start with Level 1, which will be the slowest speed, then work up to levels 2 and 3.

Lower Body Work – Adding footwork uses the larger leg muscles, and when performed simultaneously with upper body punches the intensity of your workout increases. To decrease intensity, perform the punches with NO legwork.

Type of Punch – As you learn correct punching techniques, you will also learn which punches to use on each of the Slam Man targets. Punches such as a 'Power Punch', or 'Upper Cut', require more effort than a punch such as a 'Jab'. Using different punches during your workout will vary the intensity.

SAMPLE WORKOUT ROUTINE

This sample routine will help you to learn the sequence of flashing lights used in Programme 1, and to practice a series of punches that could be used with this programme. Remember there are many ways you can sequence the punches in each programme. This sample workout will teach you one, 15 punch sequence. After you get comfortable with this routine you can use different punches whenever you like. Begin with your left foot and shoulder forward, as if using the Orthodox Position, and follow the following sequence of punches.

NOTE: Once you have mastered Programme 1 in the Orthodox Position, change sides to a Southpaw Position (right foot and shoulder facing forward, and reverse all of the left/right directions below:

	FLASHING LIGHT SEQUENCE	CORRESPONDING PUNCH
1	Left Eye	Left Jab
2	Right Eye	Right Jab
3	Center Abdomen	Left Jab
4	Left Eye	Left Jab
5	Left Eye	Left Jab
6	Right Eye	Right Power Punch
7	Left Eye	Left Jab
8	Mouth	Right Power Punch
9	Left Eye	Left Jab
10	Left Eye	Left Jab
11	Center Abdomen	Right Power Punch
12	Right Upper Rib	Right Upper Cut
13	Center Abdomen	Left Upper Cut
14	Left Upper Rib	Right Upper Cut
15	Mouth	Right Hook

TROUBLESHOOTING

PROBLEM	POSSIBLE SOLUTION
LCD does not display anything or is not clear	Make sure the batteries are installed correctly, or replace with new batteries
Monitor does not activate as soon as button is pressed	Make sure the 15 pin jack is connected correctly. Turn the switch OFF, and then turn it ON again
Static electricity	If you generate static electricity during your workout, it is best to keep your gloves on when you turn OFF the monitor
In level 3, when throwing a punch, more than one light goes out	Check the sensor, you may have adjusted it to be too sensitive

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by contacting our Customer Service Department (Only for the Netherlands, Belgium, Germany and Luxembourg) via:

TUNTURI.COM/SUPPORT/ AND CLICK ON 'REPORT PROBLEM'

Other countries, please reach out to your distributor in your country. Find it via:

TUNTURI.COM/STORES/

When reaching out to the service department, please provide the following information:

1. Model number
2. Description of parts
3. Part number
4. Date of purchase

WORKOUT ROUTINE PRINCIPLES

COOLDOWN

At the end of your aerobic boxing workout, return to easy boxing movements (as described in the Warm-up), and slow down the range of motion and tempo. Gradually slow down to a complete stop, and complete your workout with gentle stretches. This allows your heart rate to drop slowly back to its normal resting rate.

OPERATING INSTRUCTIONS

5. Press MODE button to scroll to next mode. Timer Mode. In Timer Mode; Press up / down buttons to select amount of time for routine. The timer will only increase or decrease by minutes, not seconds.
6. Press START/STOP button to begin 15 punch routine based on programme selected. Routine repeats until interrupted by Start/Stop button or countdown timer has expired.
7. At any time user may press up / down buttons to scroll through performance information, number of punches and time elapsed.
8. Press START/STOP button to pause current routine or to select new routine. Please follow the above steps from 2 through to 6.
9. Monitor shuts down automatically if no buttons are pressed for more than 60 seconds.
10. RESET: Press and hold MODE button for 4 seconds to reset computer.

KEEPING SCORE

After the timer starts or the game begins, press the down arrow button to automatically display the number of punches.

NOTE: The monitor will automatically shut down after more than 60 seconds of inactivity on the boxing Slam Man unit.

ASSEMBLY INSTRUCTIONS

You will need a Phillips head screwdriver when assembling your Slam Man

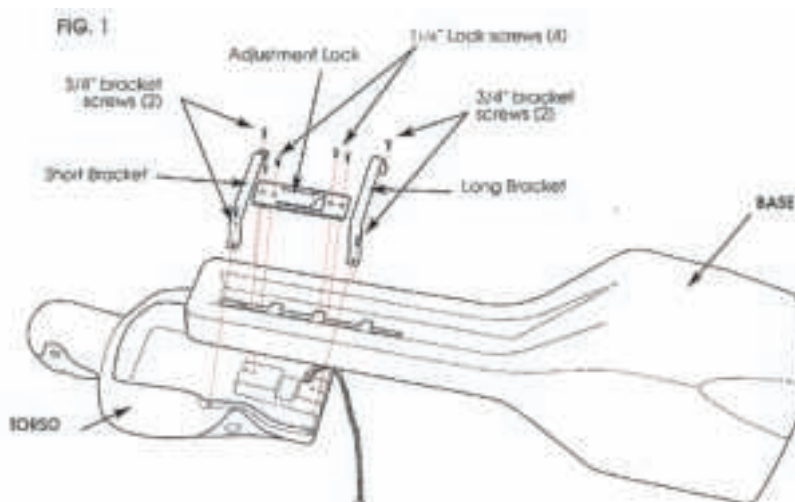
Before you start to assemble your Slam Man, first check to make sure you have all the parts:

Base	4 Bracket Screws (3/4")
Torso	4 Lock Screws (1 1/4")
Brackets (1 long and 1 short)	Electronics monitor plus 4 AAA batteries
Adjustment Lock	4 Electronics screws (5/8")
Boxing Gloves	Double sided tape

TORSO/BASE ASSEMBLY

1. Do not assemble or use Slam Man unit on wooden floor: if you must, then take precaution to protect your floor .A thick rubber mat or rubber-backed carpeting will provide a protective, non-skid surface.
2. Lay torso face down on the floor. Lay base on top of torso. Back side of base should face up. (The back of the base has flat corners - See Fig. 1)
3. Place the adjustment lock on the back of the base. Hook should be on the outside and facing down. Line up holes on lock with holes on the back of the torso.

NOTE: Lock needs to be flush against base. If it is not flush, move the torso up or down until the lock falls into place and is flush against the base. Insert the 4 - 1 1/4" lock screws and tighten.



ASSEMBLY INSTRUCTIONS

4. Brackets - Place the short bracket over the base and attach to the top holes on the torso. Secure 2 of the 3/4" bracket screws, but do not completely tighten. Place the long bracket over the base and attach to the bottom holes on the torso. Secure with the remaining 2 - 3/4" brackets screws. Do not screw down all the way. NOTE: Brackets should be secure even if you don't tighten all the way down. You will need to leave some space so that the height adjustment can function properly.
5. You can now stand your Slam Man upright on the base. (See Fig. 2)

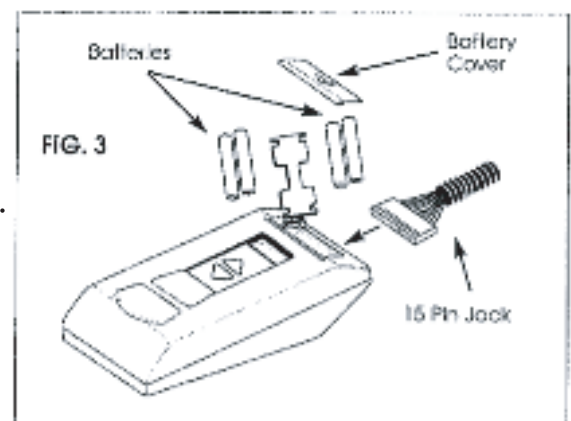


FILLING YOUR SLAM MAN

1. Select a location where you will be using your Slam Man.
2. Place a large towel or some newspapers under your Slam Man for any sand which might spill over.
3. Remove the fill cap on the side of the base (shown in Fig. 4). Using a large funnel, slowly fill your Slam Man with dry sand. Filling it slowly will help to minimize dust.
4. For best results, it is suggested that you fill your Slam Man completely to fill hole line (approximately 240 lbs. / 100 kgs of sand). See Fig. 5.

ELECTRONICS ASSEMBLY

1. Remove battery cover. (See Fig. 3)
2. Install 4 AAA batteries (included) into electronics unit. (See Fig. 3)
3. Plug 15 Pin Jack into socket on back of electronics unit. (See Fig. 3) Make sure it is in tight.



ELECTRONICS UNIT

ASSEMBLY INSTRUCTIONS

4. Put double sided tape (included) down in area shown. Line up holes on back of electronics unit with holes located on base. Press down. This tape will hold electronics unit in place while you are inserting screws. (See Fig. 4)
5. Using the four 5/8" screws, insert screws through the back of the base and into the back of the electronics housing unit. See Fig. 5 for finished assembly.

FEATURES:

SENSOR - The sensor is provided so you can adjust your Slam Man according to how hard you hit. If you are a light hitter, the sensor should be adjusted up. If you are a heavy hitter, turn the sensor down.

HEIGHT ADJUSTMENT - Your Slam Man comes with three height adjustments (5'4" up to 6'). To move up or down, pull out the hook, move the torso up or down to your desired level, and release so it locks in. When locked in, it will be flush against the base.

