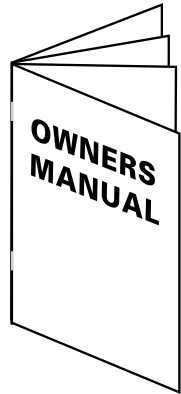


## INSTRUCTIONS FOR ASSEMBLING YOUR OWNERS MANUAL

1. Print out all pages. Do not shuffle pages.
2. Make sure all the pages lay "print-side" up with the cover page on the top of the stack.
3. Take the next page from the top of the stack and lay it "print-side" down. Return it to the same place in the stack.
4. Repeat Step 3 for every other page on the stack.
5. Fold the stack in half as shown.
6. Staple in the center if necessary.











## YOUR TOTAL FITNESS PROGRAM

A Total Fitness Program is more than exercise and more than eating right. It is a “fitness-for-life” plan that goes hand-in-hand with an overall, healthy lifestyle. This includes regular check-ups, exercise and good eating habits for the rest of your life.

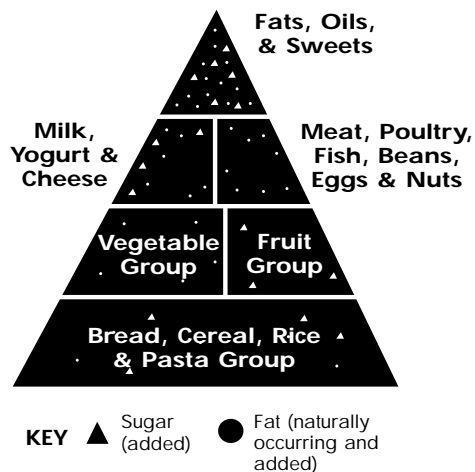
Your total fitness program consists of three parts:

- 1) Aerobic exercise to burn calories.
- 2) Strength conditioning exercises to tone and shape your muscles, increase your metabolic rate, and strengthen your bones.
- 3) A diet that is safe, sensible and healthy. (Refer to Eating Plan Booklet included in your package.)

Today, fitness experts recommend both aerobic exercise and strength conditioning to achieve balanced fitness. By improving your aerobic fitness you will strengthen your heart and lungs, improve your stamina and endurance, and help with weight loss and weight maintenance. Strength conditioning adds lean muscle to your body, increasing your body's fat-burning ability by increasing your metabolism. In this process, your body burns more calories, even while you rest. When you combine aerobic workouts with strength conditioning, as you will with your Slam Man, you can burn more fat and calories when compared to aerobic exercise alone.

The Slam Man workout will help you out with the first two parts of your Total Fitness Program, but you need to make healthy, low-fat eating a big priority as well. **Consult with your physician** about an eating plan that's right for you. Healthy eating habits and exercise will help you reach your goal. We recommend that you follow dietary guidelines approved by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services. These guidelines are contained in the Food Guide Pyramid.

Starting at the base of the pyramid, you should strive for 6 - 11 servings a day from the Bread, Cereal, Rice and Pasta food group. You should eat 3 - 5 servings a day from the Vegetable group, and 2 - 4 servings from the Fruit group. You should also eat 2 - 3 servings a day from the Milk, Yogurt and Cheese group, and from the Meat, Poultry, Fish, Beans, Eggs and Nuts food group. Lastly, use Fats, Oils and Sweets sparingly.



## CARE & STORAGE

Your Slam Man has been carefully designed to require minimum maintenance. To ensure this, we recommend that you do the following:

- Keep your Slam Man clean by wiping sweat, dust or other residue off with a soft, clean cloth after each use.
- Set up and store your Slam Man in an area away from children and high traffic areas.

## EXERCISE GUIDELINES

If you are just starting an exercise program, choose a time of day that's good for you and then stick closely to it. Try to do your Slam Man workout three times per week at first, and then gradually progress to four or five days a week. Choose a time when you feel energetic, when there are few interruptions, and when you have not eaten a heavy meal for approximately two hours.

Before working out with your Slam Man, it is important to view the video until you are familiar and comfortable with the boxing punches and footwork. Once you have learned all of the exercises, you are ready to begin learning the different boxing routines that are programmed into your Slam Man.

## MOTIVATIONAL TIPS

Keep your motivation and interest high by remembering these simple tips:

- **Set Goals For Yourself** that are challenging but realistic. Remember, it may take a few weeks to be able to complete the entire workout easily, or to see changes in your weight or fitness level. Just five minutes of exercise, done several times per day, can change your health. Break your overall goals down into small, measurable steps.
- **Monitor Your Progress** by using the charts provided at the end of this booklet.
- **Celebrate Your Successes** - even the small ones! Give yourself incentives for reaching each of your goals, and reward yourself often.
- **Take Setbacks In Stride.** If you miss a day on your schedule (or even a week), it's not too late to get back on track. If you are having trouble sticking to your goals, review them and make sure they are realistic. Make adjustments as you think they are needed.

## YOUR SLAM MAN WORKOUT WILL CONSIST OF THREE PHASES:

### WARM-UP

To prevent injury and maximize performance, we recommend that you begin each workout with at least five minutes of exercise that gradually increases your heart rate and warms up your muscles. You can do this by practicing all of the Slam Man Workout movements at a slow tempo and easy range of motion. This type of warm-up is demonstrated in your instructional video.

### AEROBIC AND MUSCLE TONING WORKOUT

To gain the health and fitness benefits that you seek, the warm-up should be followed by about 15 to 20 minutes of aerobic boxing with your Slam Man. Build up to this amount as your current fitness level allows, and progress at a rate that is comfortable to you. As your fitness level increases you may want to gradually increase the length of your workouts to a total of 30 minutes most days of the week. Start out with 2 or 3 workouts per week. If losing weight is one of your goals, you may want to gradually increase your workouts to 5 or 6 days per week.

Once the basic Slam Man workout is comfortable for you, interval training offers the opportunity for greater workout variety, cardiovascular benefits and increased fat and calorie burning. Interval training means alternating short periods of higher intensity boxing (using higher intensity punches with large range of motion footwork) with periods of lower intensity boxing (upper body only). When you perform the high intensity routines, you will work at a level that is at the high end of your Target Heart Rate Zone. The lower intensity routines are at the low end of your Target Heart Rate Zone.

Monitor your heart rate throughout your workout. This will help you determine the level of exertion that is safe and appropriate for you and serve as a good measure of your progress toward improved fitness. See Page 8 for instructions on how to determine your target heart rate.

There are three variables that will help you control the intensity of your Slam Man workout and keep your heart rate at a safe and appropriate level.

- **The speed of your workout.** You can choose from three different skill levels programmed into your Slam Man. Start with Level 1, which will be the slowest speed. As workouts at that level become easier, or when you want more challenge, progress to faster workouts with Levels 2 and 3.

## SAMPLE SLAM MAN ROUTINE

This sample routine will help you to learn the sequence of flashing lights used in Program I, and to practice a series of punches that could be used with this program. Remember, there are many ways you can sequence punches in each program. This 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 left shoulder forward (this is the Orthodox position). Place your hands in Pyramid position.

**\*Note:** Once you have learned Program I in the Orthodox position, change sides to a Southpaw position and reverse all of the left/right directions below.

FLASHING LIGHT SEQUENCE	CORRESPONDING PUNCHES
1. Left eye	Left jab
2. Right eye	Right power punch
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

## COMBINING PUNCHES

Boxers commonly use combinations of punches. These combinations allow you to string 3 - 4 punches together quickly. Certain punching movements sequence well with other punches. After getting comfortable with each individual punch described earlier in this manual, practice these following sequences or combinations.

**\*Note:** Learn all sequences on both sides of the body. In the combinations below, L = Left and R = Right. These combinations are set up to be performed in the *Orthodox* position, with your left foot and left shoulder forward. Once you are comfortable with these combinations, place your right foot and right shoulder forward in the *Southpaw* position. Reverse the "L" or "R" instructions on all punches.

**Combination 1:** L jab, L jab, R power punch

**Combination 2:** L jab, R power punch, L hook

**Combination 3:** L upper cut, R upper cut, L hook

**Combination 4:** L jab, L jab, R power punch, L upper cut

**Combination 5:** L jab, R power punch, L upper cut, R upper cut

**Combination 6:** L jab, L jab, R power punch, L hook

- **The amount of lower body work (footwork) that you choose to put into your routines.** Adding footwork such as "slipping" or "ducking" uses the large muscles of the hips and legs. When performed simultaneously with the upper body punches, your workout intensity will increase. To decrease intensity, perform the punches without any footwork.
- **The type of punch you choose to use.** As you learn proper 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 will vary the intensity of your workout.

## COOL DOWN

At the end of your aerobic boxing workout, return to easy boxing movements (like you did in the warm-up) and slow down the range of motion and tempo. Gradually slow down to a stop and complete your workout with some gentle stretches. This allows your heart rate to drop slowly back toward its normal resting rate. A cool-down and stretches are demonstrated in your video.

## DETERMINING YOUR TARGET HEART RATE ZONE

Effective aerobic training to improve your fitness and health requires working out at an exercise intensity that raises your pulse to a level that safely challenges your heart and lungs. This level can range between 50% - 80% of your maximum heart rate and is called your *Target Heart Rate Zone*. If you are new to exercise or out of shape, 50 - 60% or less, may be adequate to promote cardiovascular conditioning and health benefits. A well conditioned athlete may prefer to work up to an 80% - 85% rate.

Using your heart rate as an indicator of your fitness level provides a built-in monitor to gauge how hard you're working. If you're untrained, you'll require less effort to reach your target heart rate zone. As your cardiovascular fitness improves and you become stronger, it will require more effort for you to reach your Target Heart Rate Zone.

The chart illustrates the predicted minimum and maximum target heart rate zones for cardiovascular fitness for the average individual in good health. To use the chart, find your age and the corresponding minimum and maximum target heart rate zones.

TARGET HEART RATE ZONE		
Age	Minimum	Maximum
20	100	160
22	99	158
24	98	157
26	97	155
28	96	154
30	95	152
32	94	150
34	93	149
36	92	147
38	91	146
40	90	144
45	87	140
50	85	136
55	83	132
60	80	128
65+	77	124

## DETERMINING YOUR HEART RATE

To determine your heart rate use one of the following methods:

- Pause just long enough from your exercise to take your pulse at your wrist. Take a ten second reading and multiply it by six. Check the chart to see if you are within your range according to your age.
- Use an electronic heart rate monitor. You do not need to stop and take your pulse with a monitor as it constantly gives you a heart rate readout.

Remember that training heart rate ranges are predictions and based on averages. Regardless of your exercise heart rate, you should slow down if you are breathless and cannot carry on a short conversation.

Also, remember that during interval training your heart rate may exceed the 80% maximum rate. Because of the harder effort, this would be expected. When you resume aerobic training your heart rate will adjust back to the normal target heart rate zone.

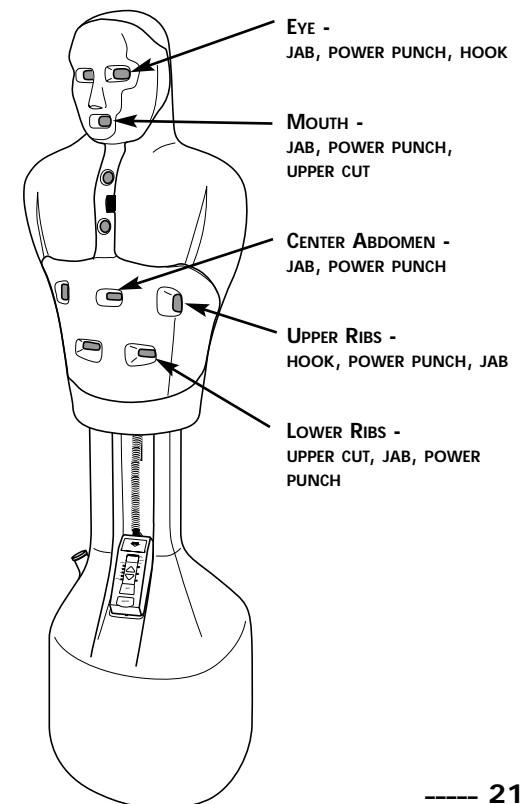
## How To Progress

You have many choices to progress your Slam Man workouts:

1. Stay with the same program and increase the speed of your punching by moving to Level 2 or 3.
2. Stay with the same program and level, but increase the duration of your workout. Increase program time in 6 minute increments (for a 3 minute punching segment and a 3 minute cardio segment).
3. Change your program. You can choose from 4 programs that use repeating 15-light sequences, or a "random" program. When learning a new program, begin with Level 1 punching speed until that program sequence is comfortable.
4. Vary the punching and cardio time within your workout. Once you set your total program time, you can vary the amount of time in each round. You may want to increase your punching time (4 minutes punching/2 minutes cardio per round) or your cardio time (2 minutes punching/4 minutes cardio per round).
5. Change programs with each round. This means that you will need to set your timer for 6 minutes only. After completing that round, remove a glove and re-set to the new program, level and time for that round. You can manipulate the level, the program and the time for *each* round.

## How To Choose Your Punches

For each target on your Slam Man, some punches will be more effective than others. Use the diagram shown here to become familiar with the target locations and suggested punches.



## THE SLAM MAN WORKOUT

Once you have assembled your Slam Man and practiced the punches and footwork, you are ready for a workout!

After warming up as demonstrated in your video, program your electronics unit as described in the previous operating instructions. **Begin with Program I, Level 1 and an 18 minute time segment.** (By setting your total boxing workout time at the start, you will avoid having to frequently remove a glove to reset your electronics unit.) This 18 minute time segment will give you a total of 3 "rounds" of boxing. A round is a 3 minute segment of punching, followed by a 3 minute segment of cardio (aerobic) movement.

**Round 1/Punching:** Press the "start" button. After 3 – 4 long beeps, the target lights on Slam Man begin to flash, and coincide with a shorter beeping sound. Direct a punch at each light as it flashes. Use the diagram on the next page to help you determine which punches will best target the different locations on Slam Man's body. You will notice that there is a 15-light sequence that repeats over and over with each program. Once you have memorized the sequence for Program I and are able to anticipate where the next light will flash, you are ready to move to Level 2 or Level 3 which speeds up the punching sequence and makes your workout more challenging. (Remember, each program uses a *different* sequence of flashing lights.) Continue punching the targets on Slam Man for 3 minutes. Your timer will count down backwards from the 18 minute start time. When your timer shows "15 minutes," you are ready for a 3 minute "cardio workout." This cardio workout will give your arms a break from punching, but will keep you burning fat and calories.

**Round 1/Cardio:** During this 3 minutes it is important to keep your feet moving. Your video will show you many ideas that you can choose from. You may practice slipping and ducking punches (imagine Slam Man is fighting back now!) or slide side-to-side. Grab an imaginary jump rope and jump or shuffle like a boxer. If you like, keep your upper body moving by "air boxing." This means that you can practice your punches and footwork without actually contacting Slam Man. When your timer shows that you have 12 minutes left, it's time for Round Two.

**Round 2 and Round 3:** Continue as before, with 3 minutes of punching and 3 minutes of cardio work. You will get in 3 rounds of boxing in this workout. When your timer runs out, make sure you cool down and stretch as demonstrated on your video.

## GETTING STARTED

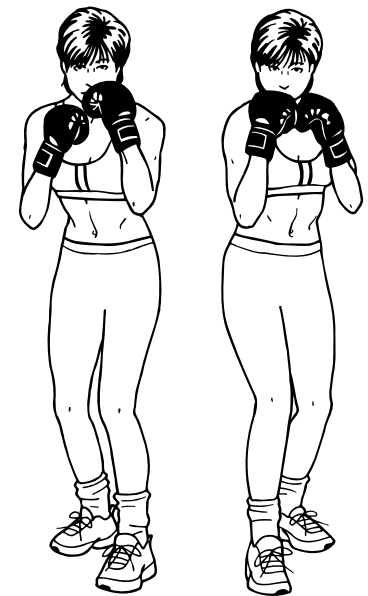
The following instructions will prepare you to learn the Slam Man punches and footwork:

- As your Slam Man is assembled and filled with sand, make sure it is on a solid, level surface with plenty of room around it.
- Adjust your Slam Man to the appropriate height by loosening the brackets and moving it up or down. Re-tighten the screws after adjusting. Initially, adjust Slam Man to a height that is close to your own. When you are ready for more challenge, adjust Slam Man up or down for a taller or shorter opponent.
- Remove all jewelry and put on your boxing gloves before you begin to box. It is important that you always wear boxing gloves while hitting Slam Man in order to protect your hands. Slip a boxing glove on each hand and fasten the velcro straps firmly around your wrists.
- As you learn to hit Slam Man harder and more accurately, you may want to use hand wraps for additional protection. Hand wraps are wound around your hands and knuckles before you put on your gloves. Hand wraps can be purchased inexpensively in most sporting good stores and come with directions on how to wrap your hands.
- Practice making a gentle fist with each hand. This is your hand position for all punches. When making a fist, keep the thumb outside your fingers. Your glove will automatically create the proper form for your fist.

## BASIC BOXING STANCE AND PYRAMID POSITION

### BASIC BOXING STANCE

Stand with your feet about shoulder width apart, knees slightly bent. If you are right-handed, place your left foot forward in a 12:00 position and your right foot back in a 2:00 position. Keep your weight centered and your body "tight" (in a state of readiness!) so that your punches will flow with force. Roll your shoulders slightly forward and keep your chin down for maximum protection of the face. This is referred to as the *Orthodox* position. If you are left-handed, position yourself with the opposite foot forward. This is referred to as the *South Paw* position. It is recommended that you learn all of the punches in both the *Orthodox* and *South Paw* positions in order to balance the workload on both sides of your body.



ORTHODOX

SOUTH PAW

Your body should be at a 3/4 angle facing Slam Man. Never “square up” your hips or shoulders toward your opponent. (In a real fight this would give your opponent a larger target and a bigger advantage to land a punch.) Proper body positioning can be achieved by always keeping one foot pointed towards Slam Man. This foot will be called your “lead foot”.

### PYRAMID POSITION

Now, bend your elbows and bring your fists up under your chin. Your elbows are pointing down and close to your ribs. While boxing, your fists should remain in this *Pyramid* position unless you are engaging in an actual punch. The *Pyramid* position enables you to protect your face and is your starting and ending position for each punch.



PYRAMID POSITION

### THE WARM-UP

At the beginning of the workout, you should begin with a basic warm-up which includes slowly thrown punches and individual footwork patterns. This will allow you to review and practice correct technique for each punch while warming up your muscles. Incorporating the basic footwork patterns will enhance coordination and your total body warm-up. This rhythmic movement should be followed by a short period of gentle stretching. Refer to the video for a warm-up and stretch routine.

5. Press MODE button to scroll to next mode. Timer mode.  
In Timer Mode: Press ▲ ▼ 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 program selected. Routine repeats until interrupted by Start/Stop button or countdown timer has expired.
7. At any time, user may press ▲ ▼ 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 2 through 6.
9. Computer shuts off automatically if no buttons are pressed for 60 seconds.  
RESET: Press and hold MODE button for 4 seconds to reset.

### KEEPING SCORE:

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

**Note:** The monitor will automatically shut off after 60 seconds of inactivity to the boxing unit.

### TROUBLE SHOOTING:

PROBLEM	POSSIBLE SOLUTION
<i>LCD cannot display or does not clear.</i>	Make sure batteries are installed properly or replace with new batteries.
<i>Computer does not activate as signal is input.</i>	Make sure that the 15 pin jack is connected properly. Turn the switch to OFF, and then, turn ON again.
<i>Static Electricity</i>	If you generate a lot of static electricity during your workout, it is best to keep your gloves on when you turn off the monitor.
<i>In Level 3 – One punch and many lights go off.</i>	Check your sensor. You may have it adjusted to be too sensitive.

## SLAM MAN ELECTRONICS UNIT OPERATING INSTRUCTIONS

### PROGRAM DESCRIPTION:

Eight lights are lit in a specific 15 count sequence dependent on program selected. Each routine will repeat the same sequence of lights for a specific routine at any level until interrupted or time expires. The Levels 1 & 2 will define the time intervals the lights will follow. Level 3 speed is controlled by the internal sensor triggered by the user.

### FUNCTIONS:

1. TIME: From 0.00 – 99.59
2. PUNCHES: From 0 – 9999
3. LEVEL MODE: Level 1, Level 2, and Level 3 are shown by three LED lights in the middle of right side.
4. ROUTINE PROGRAMS: I, II, III, IV, V (Random). Five programs are shown by five LED lights in the middle of the left side.

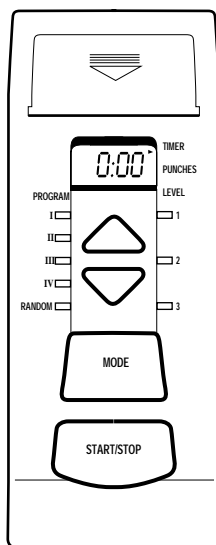
### OPERATIONS:

1. Press any button to activate monitor.
2. Press MODE button to select 3 modes: Program, Level & Timer. A flashing LED indicates the Active mode.
3. In Program mode: Press ▲ ▼ buttons to scroll to desired program. There are five routine programs: I, II, III, IV, V.
4. Press MODE button to scroll to next mode, Level mode.

In Level mode: press ▲ ▼ buttons to desired level of difficulty.

There are three levels:

- Level 1** (Beginner Program): Lights are lit for 0.5 seconds; 15 light sequence repeats continuously until time expires or Start/Stop button is pressed.
- Level 2** (Intermediate Program): Lights 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. (See chart provided on page 27 for you to record your scores.)*



## THE PUNCHES

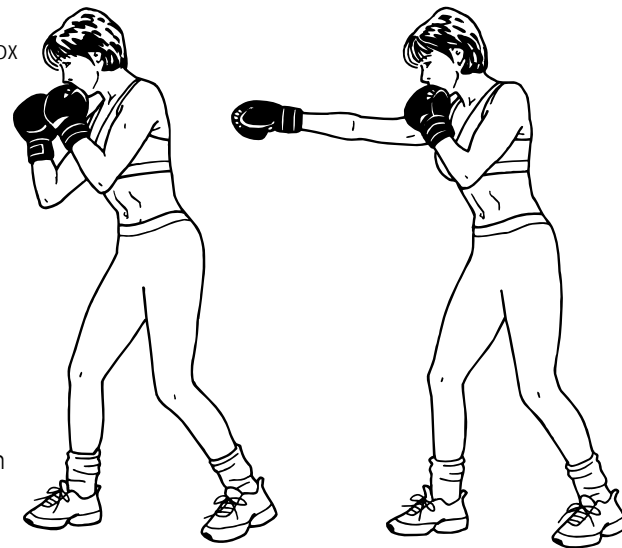
You should become familiar with the following punches before beginning a workout with your Slam Man.

### THE JAB

The *jab* is executed with the lead hand. Right-handed or Orthodox boxers throw the jab with their left hand. Left-handed or South Paw boxers use their right hand.

Assume the basic boxing stance (Orthodox or South Paw). Distribute your weight evenly and place your hands in the *Pyramid* position. Punch straight out in front of you with your fist facing down toward the ground. It is important not to bend your wrist or lock your elbow during the execution of the jab.

Extend your arm about 95%. Make contact with the knuckles of the index and middle fingers. Keep the non-punching arm/elbow close to your body and keep your fist close to your face to protect your jaw. Then, quickly bring your punching arm back to the pyramid position.



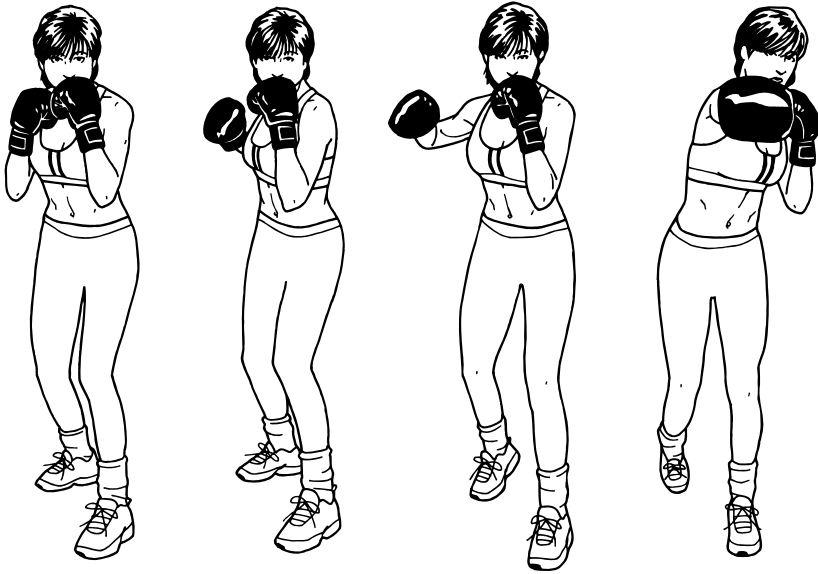
### KEY ELEMENTS:

- As you are throwing the jab, concentrate on proper form. Don't throw a jab and let it "hang" out in front of you. Bring it back as quickly as you punch it out.
- Before you release the jab, do not lift the elbow.
- Remember, a jab comes from the shoulder. Avoid snapping the elbow.
- It is important to retract the arm quickly to the *Pyramid* position after the punch is thrown.
- As with all punches, the exercise benefit comes from extending the arm and moving from the shoulder. Let your punches go! No half punches.

When the jab is executed properly, the muscles worked include the shoulders, arms, chest, upper back and abdominals.

## THE POWER PUNCH

Power Punches are also referred to as Straight Right Hand or Straight Left Hand punches. While the jab is powered by the muscles of the shoulder region, the power punch comes off the back foot. This involves coordinated movement of the entire body.



Assume the basic boxing stance (Orthodox or South Paw). Distribute your weight evenly and place your hands in the *Pyramid* position. Shift your weight onto your back foot and pull your arm down and back slightly. Push off your back foot, and release your punch toward Slam Man. If you're in the Orthodox position, your right fist should release right from the jaw (Southpaw position releases a left hand punch). As you punch, twist your body letting your shoulders and hips rotate. If you're an Orthodox boxer, your right side will swing forward as your left side swings back. Southpaws will reverse this action. After your punch hits Slam Man, finish the power punch by retracting your arm back to *Pyramid* position and shifting your weight back to a centered stance.

### KEY ELEMENTS

- Power punching is a total body experience. Let your legs be the pivotal force and remember to breathe normally.
- When your abs are tight and you rotate your torso, you are using your entire body in synchronization. *No Rotation = No Power.*
- As you deliver the punch, keep the bottom of your fist parallel to the floor.
- Retract the punch with the same intensity that you used to deliver the punch.
- Keep your elbows tight to the body (pyramid position) when you're not punching. Do not let your elbows flair out as you release the punch.

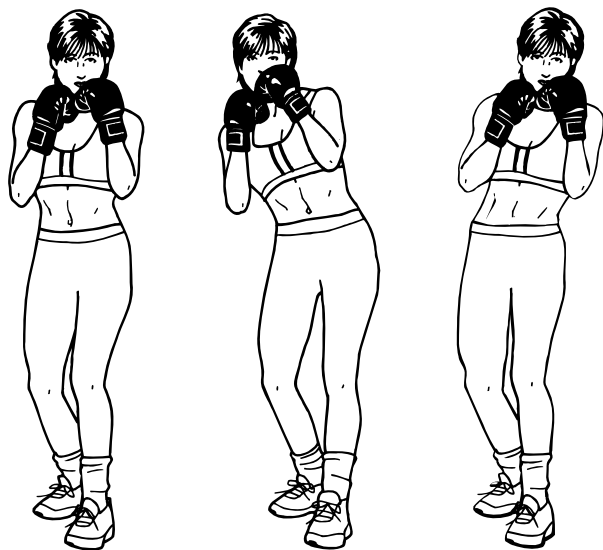
## GENERAL BOXING TIPS & TECHNIQUES

Review the following tips and techniques each time you work out with your Slam Man:

- Never hyperextend the elbow joint. When punching, you should never fully straighten the arm. Aim for about 95% extension.
- When punching, contact the target on your Slam Man with your index finger knuckle and middle finger knuckle.
- Punches must be retracted as quickly as they are thrown. Throwing the punch is only half of the movement.
- The power of your punch can be increased by using the strength of your entire body. Your abs, shoulders, hips and legs will add extra intensity and momentum to your punch delivery.
- As any punch is being thrown, you must always keep the other fist in the *Pyramid* position to protect your face.
- Never bring your feet together when punching. Keeping your feet separated, with your weight evenly distributed, will give you better balance and agility.
- Position yourself approximately an arms distance from Slam Man. This distance will allow you full range of motion on each punch without hyperextending the elbow.
- You may want to play music while boxing with Slam Man. Suggested tempo is 128-134 beats per minute.
- You can learn a lot about boxing technique by watching fights on television.

## LATERAL SLIPPING

*Lateral slipping* is another form of slipping and dodging punches. Begin in the basic boxer stance. Start the movement by bending your knees slightly, then flex your upper body from side to side. The feet remain in place while you move your upper body sideways. This would enable you to avoid your opponent's punches if you were in a real fight. This movement works your abdominals very effectively as well as the hips and legs.



### KEY ELEMENTS

- Lateral slipping is a relatively small movement. Do not excessively flex the torso from side to side.
- Stay at a 3/4 angle facing Slam Man, with your lead leg forward.
- Keep your knees bent as you move your upper body.

When the power punch is executed properly, the muscles worked include the shoulders, arms, chest, upper back, abdominals, hips and legs. This movement engages your entire body, therefore throwing a power punch is more fatiguing than throwing a jab.

## THE HOOK

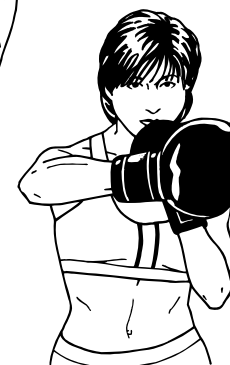
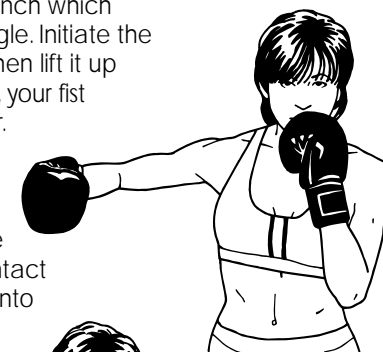
The *Hook* can be thrown with either the right or left arm. It is often thrown in conjunction with a series of jabs and power punches. The hook is an effective punch against both the head and torso of your opponent.

Assume the basic boxing stance (Orthodox or South Paw). Distribute your weight evenly and place your hands in the *Pyramid* position. With either arm, let your fist and elbow unwind from the shoulder and release the punch out and around. Utilizing rotation in the shoulder area, this is a powerful punch which can strike your opponent from a side angle. Initiate the hook by pulling your arm slightly down, then lift it up and around. Midway through the punch, your fist and elbow should be parallel to the floor. The power of the hook is then released straight into the side of the jaw or into the torso region of your opponent. It's important to note that your fist should be perpendicular to the floor when you contact Slam Man — with your finger tips curled into a fist facing your body.

### KEY ELEMENTS

- The rotation on a hook comes from the shoulder and torso as your elbow comes out and around.
- As you are throwing the hook, remember it is important to power the movement with your entire upper body.
- As you contact Slam Man, your elbow and fist are parallel to the floor. Your fingertips are facing your body, while your knuckles are your point of contact.

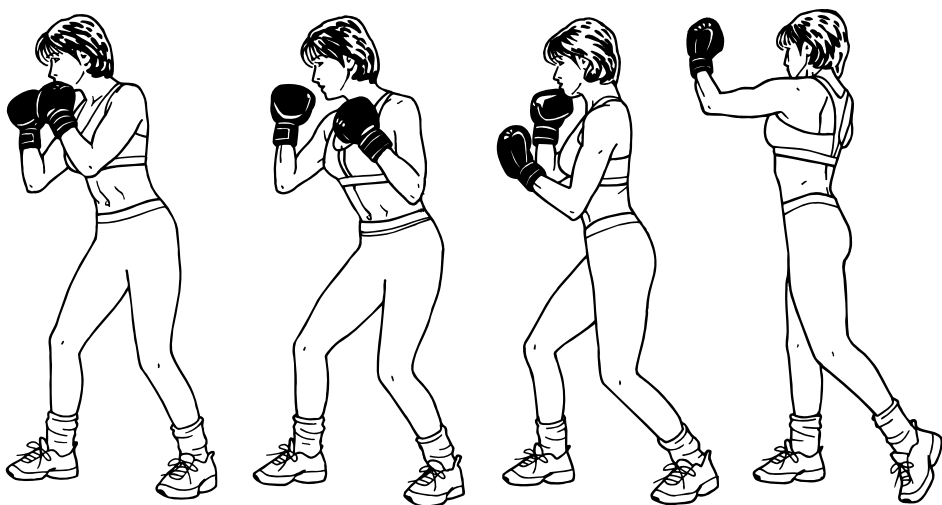
When the hook is executed properly, the muscles worked include the shoulders, arms, chest, upper back, abdominals, hips and legs.



## THE UPPER CUT

The *Upper Cut* can also be executed with either the right or left arm. This punch is generally used to strike your opponent under the jaw or in the rib cage area.

Assume the basic boxer stance with knees slightly bent. Starting with your arms in the *Pyramid* position, pull one arm slightly down, then power it straight back up into Slam Man. In order to maximize full range of motion, the shoulder and hip of your lead side should dip slightly downward in order to allow maximum propulsion upward as the punch is thrown. As you are throwing the upper cut, think of your body as a spring that retracts tightly down and then explodes forcefully up into your target. Keep your elbow and fist tight into your rib cage as you pull your arm down. As you release the upper cut, the fist and elbow are in a vertical position driving straight up into your strike area. Let your lower arm rotate slightly so that the inside of your fist (your palm) is facing your body when you make contact.



### KEY ELEMENTS

- The upper cut is designed to use the entire body. The power originates in your legs, moves up through the body and explodes through the upward movement of your fist and elbow.
- Your hip is used in a pivotal manner, helping to add additional power to the upward momentum of the punch.
- It is important to keep the elbow and fist close to the body as you wind into the punch.

When the upper cut is executed properly, the muscles worked include the shoulders, arms, chest, upper back, abdominals, hips, legs and calves.

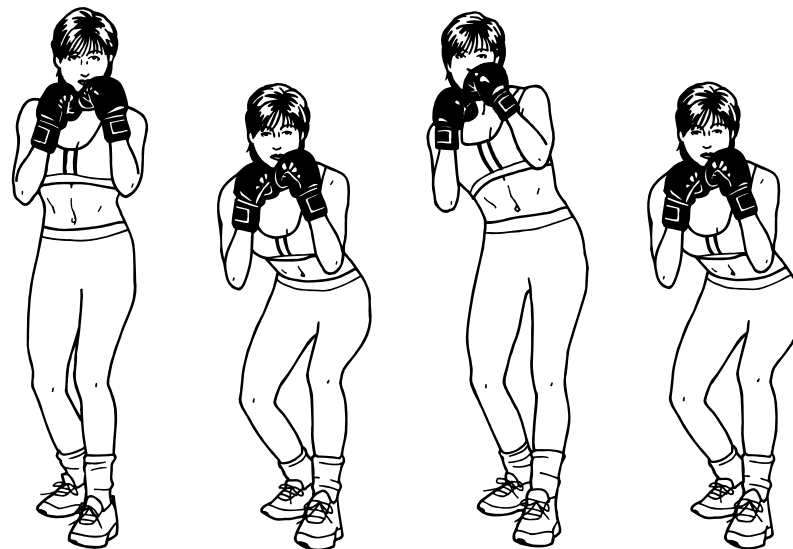
## FOOTWORK AND TORSO MOVEMENTS

After you are comfortable with all of the punches, begin adding footwork and torso movements to your workouts. Boxing footwork is low-impact movement that will increase the intensity of your workout while challenging your coordination and balance. Torso movements will help strengthen and stabilize your abdominal and back muscles.

### SLIPPING OR DUCKING

*Slipping or ducking* punches helps a boxer avoid getting hit. These lower body and foot movements will strengthen and tone your hips and legs, and help improve balance and coordination.

Begin in the basic boxer stance. Start the movement by bending your knees, then roll your body to the left and straighten back up. Reverse back to the other side by again bending at the knees and rolling your body back to the right. Think of this as a “sweeping-U” motion. Bending from the hips and knees is critical in order to execute good slipping technique.



### KEY ELEMENTS

- Remember to bend at the knees rather than the waist. Your upper body should always remain upright.
- Always keep your eyes on Slam Man. Watching your opponent is a defensive technique that will help you avoid getting punched.
- As you are slipping, visualize a punch coming at you and think of “ducking” under it.

<b>INTRODUCTION</b> .....	<b>2</b>
<b>IMPORTANT SAFETY TIPS</b> .....	<b>3</b>
<b>SPECIFICATIONS &amp; PARTS</b> .....	<b>4</b>
<b>CARE &amp; STORAGE</b> .....	<b>5</b>
<b>EXERCISE GUIDELINES</b> .....	<b>5</b>
<b>DETERMINING YOUR TARGET HEART RATE ZONE</b> .....	<b>8</b>
<b>GETTING STARTED</b> .....	<b>9</b>
<b>BASIC BOXING STANCE AND PYRAMID POSITION</b> .....	<b>9</b>
<b>THE PUNCHES</b> .....	<b>11</b>
<b>FOOTWORK &amp; TORSO MOVEMENTS</b> .....	<b>15</b>
<b>GENERAL BOXING TIPS &amp; TECHNIQUES</b> .....	<b>17</b>
<b>SLAM MAN ELECTRONICS UNIT OPERATING INSTRUCTIONS</b> .....	<b>18</b>
<b>THE SLAM MAN WORKOUT</b> .....	<b>20</b>
<b>SAMPLE SLAM MAN ROUTINE</b> .....	<b>23</b>
<b>YOUR TOTAL FITNESS PROGRAM</b> .....	<b>24</b>
<b>WORKOUT PROGRESS CHARTS</b> .....	<b>25-27</b>
<b>WORKOUT NOTES</b> .....	<b>28</b>

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GEN. 7/98