

SAFETY FIRST.

To get the best from your Bulgarian Bag and prolong its life, we recommend that it is visually checked prior to every use, particularly where there are multi-users. Understanding and heeding the Dos and Dont's below will ensure users quickly become familiar with using the product as intended and how to inspect and care for it.

- **Do** check the surfaces, handles and edges of the bag to ensure that there are no cuts, nicks abrasions or tears in the material or stitching. Running your hand over the surface may identify damage more readily.
- **Do** use on a stable floor/surface and check there are no trip hazards or sharp objects that could damage the bag.
- **Do** check there is sufficient space around you to swing the bag without making contact with any obstacle.
- **Do** return bags to storage racks specifically designed for the purpose after each and every use to help prolong their life and reduce tripping hazards in the exercise area. The bags should be stored indoors in a dry and clean environment
- **Do** wipe clean the surface of the bag with a damp cloth. Ensure it is completely dry before use.
- **Do not** use the bag if it shows any signs of damage. Remove the product from the area and consult the facility supervisor.
- **Do not** drop onto or drag bags over sharp objects as this may pierce or tear the material exterior.
- **Do not** attach other equipment to the bag and then drag or swing it.
- **Do not** lift weights beyond your capability. Know your weight limits. Children should be supervised at all times when using this product.
- **Do not** use any strong detergent, acetone, bleach or solvent based cleaners on these bags as it may damage the material.
- **Do not** use or store products next to any heat source, in direct sunlight or damp or humid environments such as swimming pools or spas.

Warranty and Returns Policy:

The Bulgarian Bag has a warranty of 1 year which means that Escape guarantees that for this period, the bag will be free from defects in materials and workmanship when it is used for the intended purpose and the above use and care instructions are followed. It will also comply with all applicable statutory and regulatory requirements. This warranty extends to the original end-user and commences on the date of delivery to the end-user (as recorded by the carrier) provided always that this date is not more than 3 calendar months from the date of dispatch from Escape.

To make a warranty claim, you should contact your distributor in the first instance. If you purchased your Bulgarian Bag directly from Escape then claims should be addressed to our Customer Services Department on **01733 313 535** or email aftersales@escapefitness.com quoting the Order Number of the product. The warranty does not cover failure due to fair wear and tear, wilful or negligent damage, or user's failure to store, care for or maintain the bag as directed among other exclusions. For full details of our T's and C's, warranties and returns policy please refer to our "Standard Terms and Conditions of Business" supplied with your order confirmation or Escape's "Professional Products User Guide" found on our website.

Limitation of Liability:

Escape shall not be liable for any damage, injury or death caused by the misuse or improper use of any of its products or the interpretation of any exercise shown. Once delivered, the user assumes all risks and responsibilities for the use of the product. Under no circumstances will Escape accept liability for any claim for economic losses (including without limitation loss of profit, revenue, contracts, business or anticipated savings); loss of goodwill or reputation or special or indirect losses suffered or incurred and arising out of or in connection with the supply or use of the bag.

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JOIN THE CONVERSATION.



VERSION.4

BULGARIAN BAG®.

Your user guide



escape

USING YOUR BULGARIAN BAG®.



ATHLETES OF EVERY SPORT CAN BENEFIT FROM UNIQUE TRAINING TECHNIQUES OFFERED BY THE BAG.

The shape of the Bulgarian Bag is designed to allow for both upper and lower body training while emphasising grip strength at all times. The three different types of handles allow athletes to execute exercises by using different grips.

Bulgarian Bags range in size from extra-small to extra-large sizes. They are manufactured by hand with pride in Bulgaria and built with the toughness and durability to handle whatever is thrown at them. Athletes of every sport can benefit from the unique training techniques offered by the bag.

The Bulgarian Bag is the ultimate fitness tool for both serious Olympic-calibre athletes and the average fitness enthusiast. If you're looking for a method of training that maximises your strength, muscular endurance, cardiovascular fitness, mobility and overall explosiveness, then training with the Bulgarian Bag is for you.

GOOD MORNING.

Stand tall with bag resting on your shoulders and a good grip on the handles. Maintain a strong core and drive hips back whilst lowering your chest to the floor. Return by driving hips forward to start position.



SHOULDER PRESS.

Begin with bag resting on your shoulders with main handles to the back. Take a good grip of the top handles and press the bag overhead. Slowly lower the bag back down to start position.



BACK SQUAT.

Begin in a neutral stance with bag resting on your shoulders and handles facing forward. Grip handles and begin to lower the hips to just below knee height, keeping head up and shoulders back. Return to start position.



FRONT SQUAT.

Begin in a neutral stance with bag resting on your shoulders and handles facing back. Grip front handles and begin to lower the hips to just below knee height. Keep elbows high, extend hips and return to start position.



THE ARM THROW.

Holding both main handles, place the bag over one shoulder and rotate hips in the same direction. Pop bag up off the shoulder and swing bag in a sweeping motion in front of the body and onto the opposite shoulder. Repeat movement as before.



THE SWING AND CATCH.

With feet in a wide stance holding both main handles, drive back the hips and allow the bag to swing between the legs. Thrust hips forward engaging the glutes back into a standing position. With extended arms, catch the bag in the front rack position.



THE SPIN.

Begin standing with knees bent, gripping the main handles. With rotation from the hips, swing the bag to pass over the shoulder, behind the neck and whip back round to the front using the lead arm. Continue to spin the bag being sure to maintain good momentum.



CURTSEY LUNGE.

Stand tall with bag resting on shoulders with handles to front and elbows high. Take a lateral step over your standing foot and lower hips down into a lunge position. Drive back up from the same leg into original star position.

