

SOCCER EST. 2005
SOCCER TRAINING EQUIPMENT
INNOVATIONS

BLOW UP DUMMY

STEP BY STEP INSTRUCTIONS

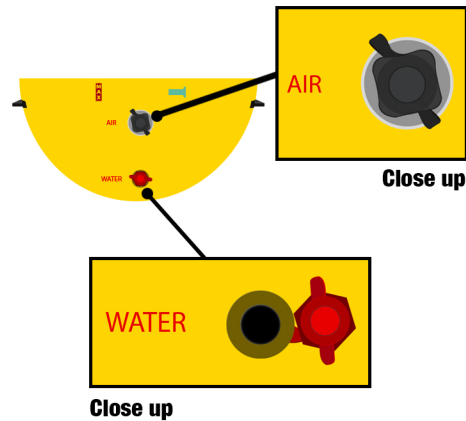
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1 Take the BUD to an open place with access to water. Be aware of possible harm or damage caused by sharp and rough ground.

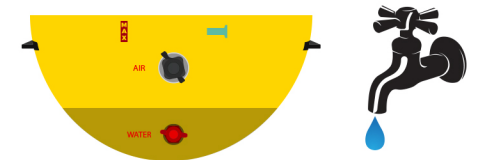


- A** BUD Mannequin
- B** Air Pump

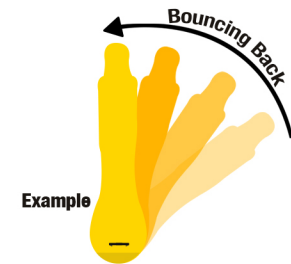
2 Remove water valve located at the bottom close too the ground. Begin water injection.



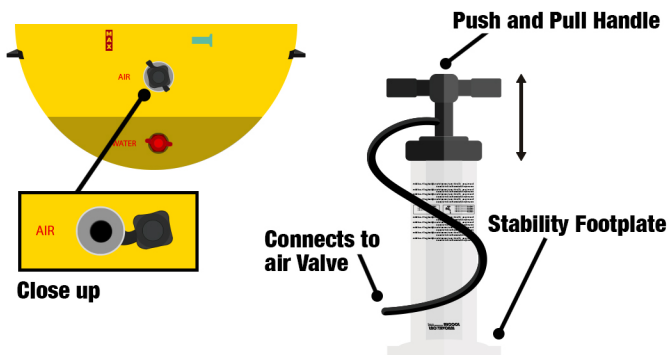
3 Inject as much water as possible to ensure the effectiveness of bouncing back.



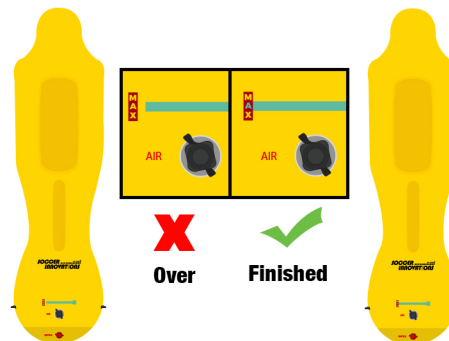
Tip: Use the tube from air pump as water tube.



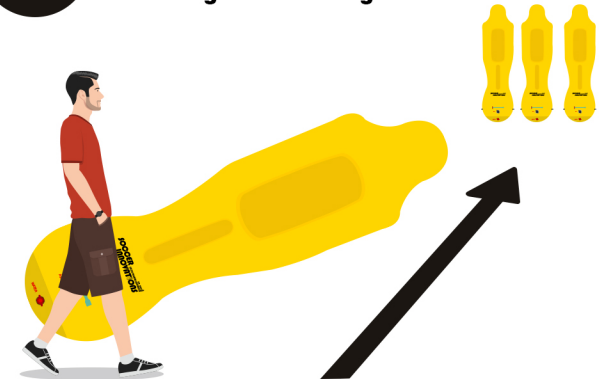
4 Remove air valve cap. Connect air pump to BUD by using the hose provided. Inflate with slow speed pull and pushes.



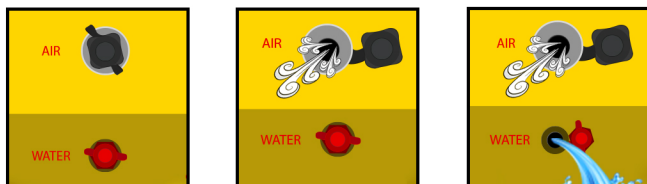
5 Make sure to stop pumping when the blue line has reach the red "MAX" zone. Over inflating can be dangerous.



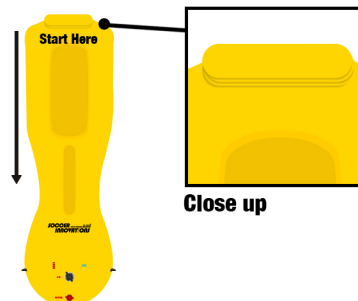
6 Put back the air cap before moving the BUD. Use side carry handles to move the BUD to the designated training area



7 Before packing up, remove the two valves to deflate and pour out the water. Maker sure the water tank is empty before rolling up.



8 Roll up the BUD starting from the head to squeeze out the air.



9 Put everything back into the bag or designated box for storage.

