



# USER MANUAL

## ABDOMINAL GUARD

### Proper Fit

Ensure the abdominal guard fits snugly and securely to provide optimal protection. An improperly fitted guard can shift during play, reducing its effectiveness.

### Inspect Regularly

Regularly check the guard for any signs of wear, cracks, or damage. Replace it immediately if it shows any signs of deterioration to ensure maximum safety.

### Wear with Appropriate Gear

Always wear the abdominal guard in conjunction with other protective equipment, such as a box or jockstrap, to ensure comprehensive protection during play.

### Follow Care Instructions

Clean and maintain the abdominal guard according to the manufacturer's guidelines. Proper care helps prolong its lifespan and effectiveness in protecting against impact.