



LATERAL RESISTOR PRO

GETTING STARTED



Thank you for your purchase. SKLZ prepares athletes to be ready for their sport and our team is happy to help you with product or program questions. Reach us by email at customerservice@SKLZ.com or by phone at **877-225-7275 x128**.

BEFORE YOU BEGIN:

Read all setup and usage instructions carefully.

- Always check equipment for worn or damaged parts before use. If any defects are found, do not use product.
- Make sure you have all of the Lateral Resistor Pro components. Please contact SKLZ customer service toll free at (877) 225-7275 x128 if you are missing any components

⚠️WARNING:

⚠️ **LATEX WARNING** If you have allergies to latex, do not use this product.

- Recommended for athletes over 14 years old. Athletes under the age of 18 should use the Lateral Resistor Pro under strict adult supervision.
- Be sure to consult your healthcare professional before beginning this or any type of exercise program.
- The Lateral Resistor Pro is a training tool designed to help accentuate your workout. Take breaks and do not overexert yourself.
- Wear suitable clothing when working out including proper footwear; no bare feet, flip-flops, sandals, etc.
- Use smooth, controlled, rhythmic tension when pulling and releasing the resistance cables to avoid snapping, yanking, or recoil. Never release the straps and/or resistance cable while under tension. Do not stretch the cable more than 2.5 times its length; overstretching can cause damage or injury.
- Protect the resistance cables and yourself by keeping away from sharp objects.
- Never wrap the cables around your neck, mouth, head, shoulders, or torso. To avoid strangulation, keep away from small children.

CARE:

- To clean, wipe with a clean damp cloth.
- Do not use soap or chemicals on resistance cables.
- Do not use or store resistance cables near abrasive or sharp objects.
- Do not expose the resistance cables to extreme temperatures or in direct sunlight or near any heat source.

PATENT PENDING

IDEA SUBMISSION

If you have an idea for a new and innovative sports training product, visit SKLZ.com to submit your concept.

Some restrictions may apply.

1 YEAR LIMITED WARRANTY. This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise, and is only valid in the USA. Register your product at SKLZ.com to ensure warranty coverage, and get new product information and special deals from SKLZ. Questions? Email: customerservice@sklz.com or call toll free: **877-225-7275**

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IN THE BOX

A SLIDE-LOCK FOR QUICK RESISTANCE CABLE CHANGES

B PADDED ADJUSTABLE ANKLE CUFFS



C THREE LEVELS OF RESISTANCE CABLES



GETTING STARTED



Loosen the hook and loop strap and wrap the cuffs (B) around each ankle. Adjust the hook and loop strap accordingly so it fits comfortably around each ankle. Hook and loop strap removes quickly to change training or swap between athletes.



To change resistance cables, open Slide-Lock door (A) by pushing up from bottom. At approximately a 45° angle, thread the end of the cable all the way through opening before sliding the door back down.