

QUICKSTART LASER POWER SWING TRAINER
IMPORTANT! FOR BEST PERFORMANCE SIZE, AND FIT CORRECTLY



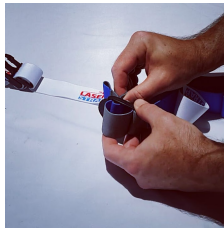
Sizing and fitting your armbands.



Lay your Laser Power Swing Trainer on a table.



Pull material out of armband buckle, adjust the size for a tight fit around your lower bicep.

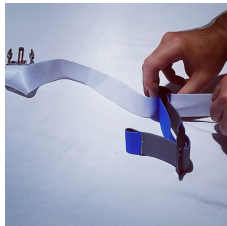


After sizing, stretch and slide your hand inside the armband.

Players over 225-lb/100-kg; may not need to reduce the size.



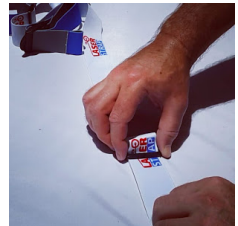
***Important!** Check both armbands for a tight fit around your lower bicep.



***Note.** You can slide the armbands up and down your Laser Power Swing Trainer



Use the sliding adjuster to reduce or increase size, hold and slide it up and down the material.

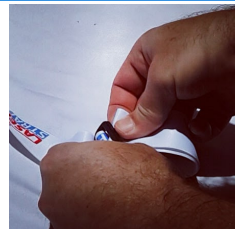
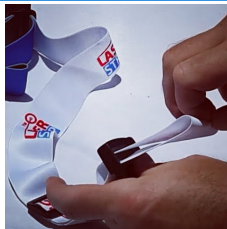


Size your Laser Power Swing Trainer to fit loosely around your waist, like a gun holster.

Threading extra Exoprecise material.

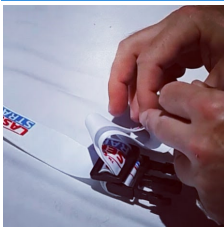


Pinch and pull the material through the top of the attachment clip.

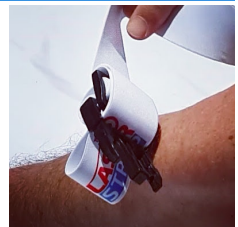
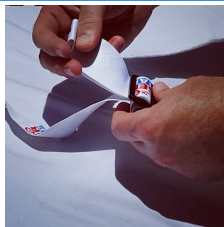
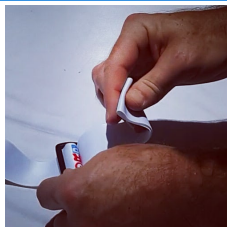


Thread the material under the first space in the buckle, and pull it through.

Threading extra Exoprecise material.



Continue threading the material under the second space in the buckle, and pull it through.



If there's material left over, you can thread it back through the gap in the clip.

QUICKSTART LASER POWER SWING TRAINER

Part 2



You can also size your Laser Power Swing Trainer while wearing it around your waist.



Wearing your Laser Power Swing Trainer.



Clip in around your waist. Double check for twisting.

*Important! For best performance align the clip-in attachment to your spine.

Slide, and align both armbands to your outer hips, align the buckles to sit on your tricep.

Stretch a hole with the armband; sliding your hand inside, placing above your elbow, check for twisting.

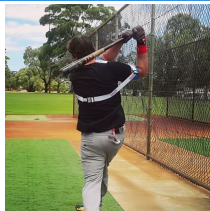
Inserting your arms



Stretch the white band outward to make room for your arm. Repeat the steps for your second arm.

Slide, and align the small armband buckles to the outsides of your arm.

Check for correct sizing, and use with any drill!



Attachment aligns to your spine, armband buckles align correctly.

Raise your arm, check for correct resistance. If there's too much pulling on the armband, increase the size. With correct sizing, you can practice/swing as usual.

*Important! To avoid recoil, remove both arms before unclipping.

Troubleshooting

Product Information

RIDING UP YOUR ARMS, OR CHEST: Reduce the size of your armbands.
PULLING ON YOUR ARMS: Increase the size of your Laser Power Swing Trainer.
FEELING CONSTRICTED AND UNABLE TO SWING AS NORMAL: Increase the size of your Laser Power Swing Trainer, or armbands.
MAINTENANCE: After use, pull and slide the armbands to reduce bunching of the material. Place in a delicate washing bag. Machine wash in cold water. Drip dry, do not wring, twist, tumble dry, bleach or dry in direct sunlight.

Usage

Sizing

Age and Skill Recommendations

Material

Baseball and softball power hitting.

Adjustable to comfortably fit all sizes.

Suitable for ages 8 and up, and all skill levels.

*Adult supervision required for children 16 years old and under.

Patented Exoprecise resistance technology, latex free product.

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