

## QUICKSTART: EXOPRECISE HITTING TRAINER, FOR THE BEST PERFORMANCE SIZE, AND FIT CORRECTLY.

### PART 1

Model: Multi-Rom. Detachable, giving the option to wear as a one, or two part device. The bottom part anchors movement above the shoulders, accommodating extra support for hitting, fielding, pitching and warm-up exercises.



Example: Sizing for small.



Example: Sizing for medium.



Example: Sizing for large.



Example: Sizing for XL.



Unclip the bottom anchoring band, sizing a tight fit around the waist.



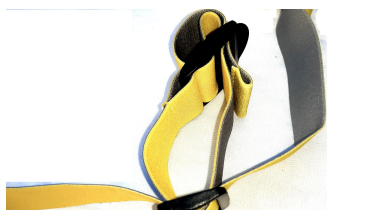
Size the top band, matching the bottom.



Adjust the size, pulling the material out of the clip.



Thread the material under the first space, and pull it tight



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



If there's enough material, thread again, through the final space.



Pull the material out of the buckle. Adjust the size for a tight fit, directly above the elbows.

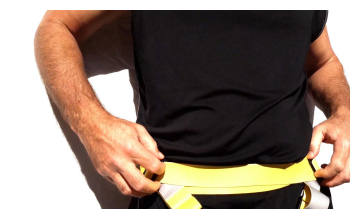


\*Important! For best performance align the clip-in attachment to your spine.

Clip in around your waist. Double check for twisting.



Slide and align to your hips.



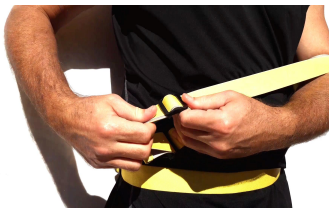
## Part 2



Slide down so the buckle fits on the tricep.



Stretch and slide your hand inside the armband. Slide up the arm, place above the elbow; check for a tight fit.



Repeat for the other arm.



Raise your arm, checking resistance; adjust size if there's too much pull. Check for proper sizing, fitting, resistance, and range of motion. With correct sizing, you can practice/swing as usual.



Detachable option.



Wearing as a one piece device.



To avoid recoil, remove both arms; before unclipping the device.



After use, pull and slide to reduce bunching of the material.



### Troubleshooting

**THE DEVICE IS RIDING UP THE BODY?** Reduce the size of the armbands, to tighten; checking for the proper fit, directly above the elbows.  
**PULLING/BUNCHING ON THE ARMS?** Increase the size of the top band.  
**MAINTENANCE:** Place in a delicates washing bag. Machine wash in cold water. Drip dry, do not wring, twist, tumble dry, bleach or dry in direct sunlight.

### Product Information

#### Usage

Baseball, and softball hitting.

#### Sizing

Adjustable to comfortably fit all sizes.

#### Age and Skill Recommendations

Suitable for ages 8 and up, and all skill levels. \*Adult supervision required for children 16 years old and under.

#### Material

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