

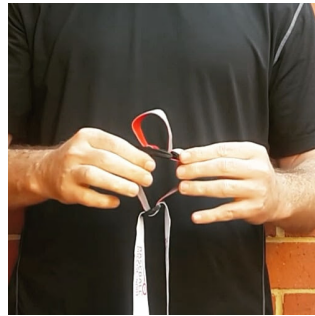
QUICKSTART
BASEBALL PRECISE-4001



Proper sizing and fitting is required for best performance.



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



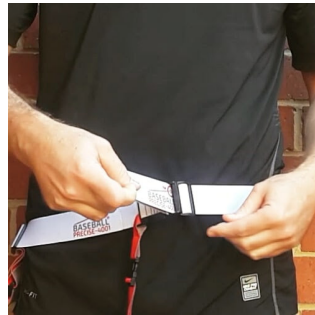
Check for proper sizing, stretch, and slide your hand inside the armband.



Place at your lower bicep, checking for a tight fit.



After correct sizing, firmly pull the material.



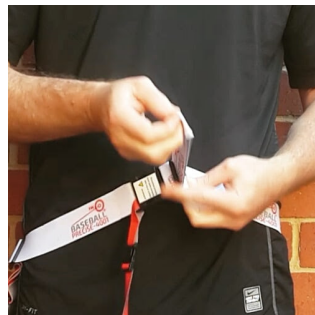
Pinch and pull the material through the top of the attachment clip.



Thread the material under the first gap, and pull it tight.



Thread the material under the second space, and pull it tight.



***Important!** For best performance align and attach to your spine.



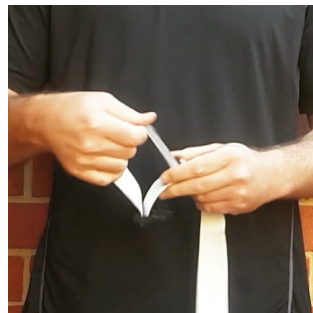
Slide, and align both armbands to your outer hips.



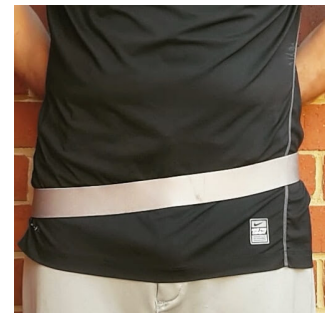
Check both armbands align to the hip bones.



Pull and slide the armband buckles, aligning to fit on the back of your arms.



If you require extra hold for hitting, using for pitching, and fielding; attach the anchoring-band.



Adjust the size of the anchoring-band (grey) for a comfortably tight fit around your waist.

QUICKSTART BASEBALL PRECISE-4001 POWER SWING TRAINER

PART 2



You have the option to detach for hitting only.



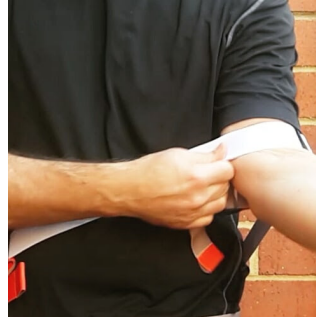
Adjust the size to accommodate raising the both arms above your shoulder, for pitching, and fielding.



Wrap around your waist. Check for twisting.



Stretch the armband material and slide your hand inside.



Place above your elbow.



Stretch the Exoprecise (white band) and insert your second arm.



Slide up your arm, and place above your elbow.



Align the sliding armband-buckles to sit on the outside of your arm; as shown.



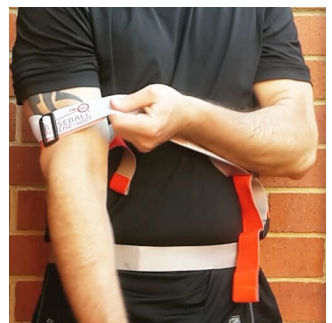
Option to wear as a belt.



Attachment aligns to your spine, armband buckles align correctly. Raise your arm, and check resistance; with proper sizing; you can practice as usual.



Holding both, the armband and white band, stretch and pull; sliding down your arms. Unclip, and remove from your waist.



Troubleshooting

RIDING UP YOUR ARMS, OR CHEST: Either, 1) Reduce the size of your armbands, 2) Reduce the size of the bridging band, or 3) Reduce the size of the anchoring band. *Well-endowed female athletes have the option of wearing the clip-in attachments at the front.
PULLING ON YOUR ARMS: Increase the size of the white band.
MAINTENANCE: After use, pull and slide the armbands to reduce bunching of the material. 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.

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Product Information

Usage Sizing

Baseball power hitting, pitching, and fielding.
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

Patented Exoprecise resistance technology, latex free product.