



# STAR-KICK®

## GETTING STARTED



Thank you for choosing the SKLZ Star-Kick. We are dedicated to providing you with the best tools and instruction possible to help you prepare for your sport. If there is anything else we can do to help, don't hesitate to send us an email at [customerservice@sklz.com](mailto:customerservice@sklz.com) or give us a call at **1-877-225-7275**.

### BEFORE YOU BEGIN:

- Read all instructions carefully before using. If the instructions are not followed correctly, it could result in injury or damage to the product.
- Always check for wear and tear before use. If any is found, do not use the product.
- If you are missing any Star-Kick components, please contact SKLZ customer service toll free at **1-877-225-7275**.

### ⚠ WARNING:

**PHYSICIANS WARNING:** Not all exercise equipment and programs are suitable for everyone. It is recommended that you consult your physician before using this equipment or beginning this or any other exercise program.

- Recommended for athletes over 14 years old. Athletes under the age of 18 should use the Star-Kick under strict adult supervision.
- When using your Star-Kick, please have others stay clear of the kicking area to reduce the risk of injury.
- Do not store in extremely high or low temperatures to avoid damaging or reducing the life of your Star-Kick.
- Do not leave your Star-Kick outdoors for extended periods of time.

### ⚠ CAUTION:

- When in use, make sure your Star-Kick is in a clear area to avoid damage to property.

**U.S. PATENT #5,358,258; 6,152,838;  
6,352,484 & INTERNATIONAL PATENTS**

#### IDEA SUBMISSION

If you have an idea for a new and innovative sport training product, visit [sklz.com](http://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. Need proof of purchase for warranty coverage. **Questions? Email [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free 1-877-225-7275.**

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## IN THE BOX



## GETTING STARTED



### Step 1

- Wrap the Star-Kick Ball Glove (A) around the ball starting from the back.
- Place the ball between your legs and squeeze tightly.
- Stretch the glove around the ball using the hook and loop straps.
- Connect the straps in a straight line.
- Alternate tightening each side of the hook and loop straps until the sides fit snugly around the ball.



### Step 2

- Loop the neoprene waistband (B) around waist and secure the fasteners on each side.
- Locate the swivel hook toward the front of your body around the waist.
- Attach the elastic action cord to the swivel hook located on the neoprene belt.
- If the strap is too long for the player, simply snip off the portion not needed.



### Step 3

- Adjust the elastic action cord to desired length by sliding the tri-glide.
- Shorten the elastic action cord by sliding the tri-glide toward the ball.
- Lengthen the elastic action cord by sliding the tri-glide away from the ball.