



ACCELERATION TRAINER

GETTING STARTED



Thank you for choosing the SKLZ Acceleration Trainer. 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 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 equipment for worn or damaged parts before use. If any defects are found and/or any portion of the straps are frayed, do not use product.
- If you are missing any Acceleration Trainer 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 Acceleration Trainer under strict adult supervision.
- Do not store in extremely high or low temperatures to avoid damaging or reducing the life of your Acceleration Trainer.
- Do not leave your Acceleration Trainer outdoors for extended periods of time.
- To avoid strangulation keep out of reach of small children.
- Any alteration of this product or its components will result in a disclaimer of liability.

⚠ CAUTION:

- When in use, make sure your Acceleration Trainer is set up in a clear area to avoid damage to persons or property.
- When using your Acceleration Trainer, please have others stay clear of the area to reduce the risk of injury.
- Prior to beginning any exercise with the Acceleration Trainer (and continually during use), check to verify that the easy release buckle on the belt is secure.

CARE:

- Hand wash only. Hang dry. Do not tumble dry.

PATENT PENDING

IDEA SUBMISSION

If you have an idea for a new and innovative sport 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. Need proof of purchase for warranty coverage. **Questions? Email customerservice@sklz.com or call toll free 1-877-225-7275.**

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IN THE BOX

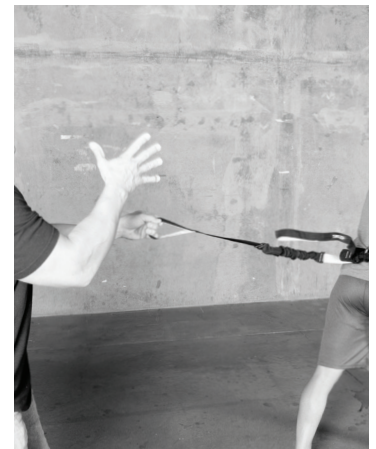
A ACCELERATION BELT



B QUICK RELEASE STRAP



ASSEMBLY



GENERAL SETUP

1. Step into Acceleration Belt with SKLZ logo right side up.
DO NOT UNBUCKLE. Tighten by pulling the adjustable strap through the easy release buckle firmly.
NOTE: The Acceleration Belt should fit snugly around the waist without restricting movement.

2. A partner will thread the quick release strap through the free-motion ring until it meets the center point.

3. The partner will then apply resistance to the athlete by gripping one quick release handle in each hand.
WARNING: Do not put entire hand through the handle.

4. To release, partner simply lets go of **one** of the handles
WARNING: Do not let go of both.

OPTIONAL SOLO SETUP

1. Anchor quick release strap to a stationary point. A stationary point is any structure that is completely stable. Anchor point should be at the same level as your waist or lower.
2. Loop the other end of the quick release strap around the free-motion ring (see pic) and hold it securely in your hand. When you are ready, let go.

