



# PRO TRAINING DEFENDER

## GETTING STARTED



Thank you for choosing the SKLZ Pro Training Defender. 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 [help@4implus.com](mailto:help@4implus.com) or give us a call toll-free **800-729-5954**.

### 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 Pro Training Defender components, please contact Implus customer service toll free at **800-729-5954**.

### ⚠ 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.

- Pro Training Defender is under tension when assembled. Please take the utmost care when releasing the tension during disassembly. Failure to do so may result in injury.
- To avoid pinching, use caution when assembling the push-button tubing.
- Do not climb or hang on the Pro Training Defender.
- Regularly check for wear and tear. Stop using Pro Training Defender if any part of it breaks. Failure to do so could result in injury.
- When using the Pro Training Defender, others should stay clear of the area to reduce the risk of injury.
- Recommended for athletes over 10 years old. Athletes under the age of 18 should use the Pro Training Defender under strict adult supervision.
- Any alteration of this product or its components will result in a disclaimer of liability.
- Do not leave your Pro Training Defender outdoors for extended periods of time.

### ⚠ CAUTION:

- Keep away from fire and heat sources.
- Do not leave Pro Training Defender outdoors for extended periods of time.
- When done, disassemble Pro Training Defender and store after use. Do not leave Pro Training Defender outdoors.

### 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 [help@4implus.com](mailto:help@4implus.com) or call toll-free 800-729-5954.**

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## IN THE BOX



**A PRO TRAINING DEFENDER**

## GETTING STARTED



1. Press the push button at the top of the Pro Training Defender to extend the torso upwards until push button locks into place.



2. Hold the Pro Training Defender by the center bar when moving. Once location is decided, secure into place by placing foot on base and press down until ground stakes are fully inserted into the grass.



3. When done, press the push button at the center to release and lower the torso until push button locks into place. Grab the Pro Training Defender by the center pole and lift to remove from ground.