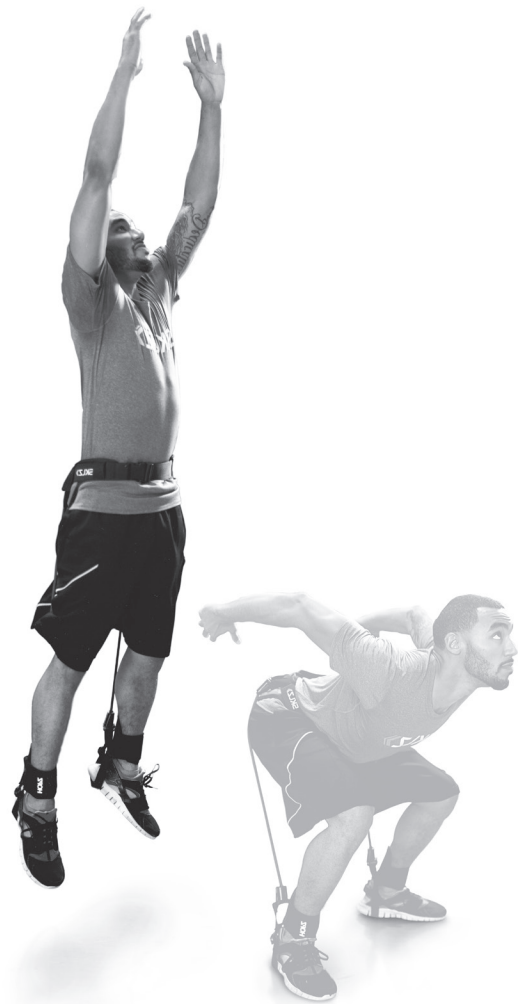




# HOPZ

GETTING STARTED



Thank you for your purchase. SKLZ prepares athletes to be ready for their sport and our team is happy to help you with product or program questions. Reach us by email at [customerservice@sklz.com](mailto:customerservice@sklz.com) or by phone at **877-225-7275 x128**.

## BEFORE YOU BEGIN:

- Make sure you have all of the HOPZ components. Please contact SKLZ customer service toll free at 877-225-7275 x128 if you are missing anything.
- Read all setup and usage instructions carefully.

### ⚠️WARNING:

- Do not use without shoes.
- Recommended for athletes over 14 years old. Athletes under 18 years of age should use under strict adult supervision.
- Be sure to consult your healthcare professional before beginning this or any type of exercise program.
- Always check equipment for worn or damaged parts before use. If any defects are found, do not use product.
- Never release the resistance cables while under tension. Sudden release will cause the cable to snap toward you and potentially cause significant injury, disfigurement, or death.
- Refer to care and safety instructions document for additional information.

⚠️ **LATEX WARNING:** The HOPZ contains latex, which may cause allergic reactions (possibly life-threatening) in some people. Seek medical attention at the first sign of any allergic reaction.

### ⚠️CAUTION:

- **HOPZ REMOVAL** – For safe and easy removal of HOPZ, kneel or sit down in chair to minimize resistance cable tension. When tension is minimized, unclip each resistance cable from the ankle straps and belt. After the resistance cables have been unclipped, remove the belt and ankle straps.

## CARE:

- Do not leave the HOPZ outdoors for extended periods of time.
- Keep away from fire and heat sources.
- Avoid storing the HOPZ in extremely hot or cold environments as this could reduce the life span of the product.

## PATENT PENDING

## IDEA SUBMISSION

If you have an idea for a new and innovative sports 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. Register your product at [SKLZ.com](http://SKLZ.com) to ensure warranty coverage, and get new product information and special deals from SKLZ. Questions? Email: [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free: **877-225-7275**

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## IN THE BOX



## GETTING STARTED

1



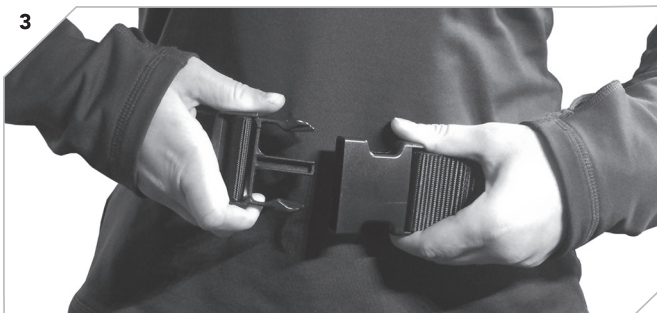
Attach ankle straps (B) by placing CALF logo against your calf. Ensure each shoe harness is looped around the bottom of each shoe. Fasten the hook and loop straps.

2



Attach the resistance cables (D) of choice to the waist band (A) by opening the grey Slide-Lock doors (C) and inserting the cable. Once the cable has been threaded through, close the grey doors. This will lock the cable in place.

3



Attach the waist band (A) by clipping the ends together and then pulling the ends to tighten.

4



Kneel or sit in a chair to insert the other ends of the resistance cables into the Slide-Lock system on the ankle strap (B). Slowly stand up and begin workout. **NOTE:** Make sure you are in a kneeling or seated position, without tension on the cables, before adjusting the pads on the waist band (A).

**HOPZ REMOVAL** – For safe and easy removal of HOPZ, kneel or sit down in chair to minimize resistance cable tension. When tension is minimized, unclip each resistance cable from the ankle straps and waist band. After the resistance cables have been unclipped, remove the waist band and ankle straps.