



TRAINING CABLE

GETTING STARTED



Thank you for choosing the SKLZ Training Cable. 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 customerservice@sklz.com or give us a call **1-877-225-7275 x 128**.

BEFORE YOU BEGIN:

- Read all set up and usage instructions carefully before using. If the set up and/or instructions are not followed correctly, it could result in injury or damage to the product.
- Not suitable for children under 8 years of age.
- Adult assembly is recommended.
- Always check for wear and tear before use. If any is found, do not use the product.
- Make sure you have all Training Cable components. Please contact SKLZ customer service toll free at 1-877-225-7275 x 128 if you are missing anything.

KEEP OUT OF REACH OF CHILDREN, PETS, AND ANY INDIVIDUALS WHO MAY REQUIRE SUPERVISION. THE TRAINING CABLE IS NOT A TOY.

⚠️WARNING:

PHYSICIAN 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.

LATEX WARNING: The Training Cable is made with natural latex rubber, which may cause allergic reactions in some people that could be life-threatening if unattended. Emergency medical attention is needed at the first sign of any allergic reaction.

⚠️CAUTION:

- When in use, make sure the Training Cable is set up in a clear area to avoid damage to property.

CARE:

- To clean, wipe with a clean damp cloth.
- Do not use soap or chemicals on Training Cables.
- Do not use or store Training Cables near abrasive or sharp objects.
- Do not expose the Training Cables to extreme temperatures or in direct sunlight or near any heat source.

LIMITED LIABILITY:

Under no circumstances shall Pro Performance Sports, LLC., (PPS) or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers be liable to you or any third party for injury or damage to any person or property, or for any special, indirect, incidental, consequential, or any other damages of any nature arising out of the use or improper use of the Training Cables.

This is a comprehensive limitation of liability that applies to all losses and damages of any kind (whether direct, indirect, general, special, consequential, incidental, exemplary, or otherwise), whether the claim is in contract, tort, or strict liability, even if an authorized representative of PPS, has been advised of or should have known of the possibility of such damages.

IDEA SUBMISSION

If you have an idea for a new and innovative sports 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. Register your product at SKLZ.com to ensure warranty coverage. **Questions? Email: customerservice@sklz.com or call toll free 1-877-225-7275**

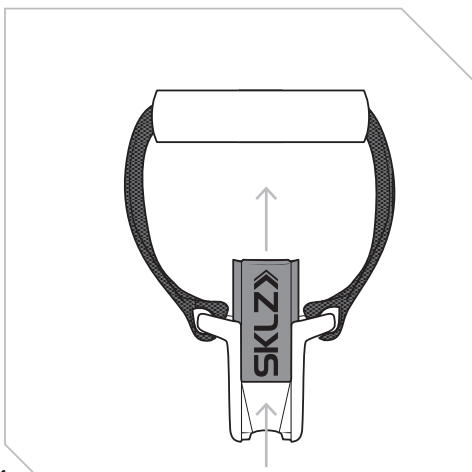
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IN THE BOX

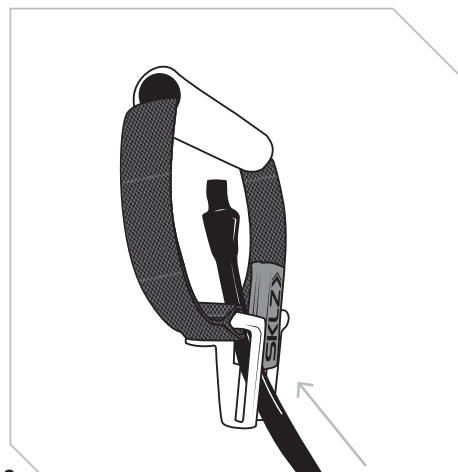


TRAINING CABLE

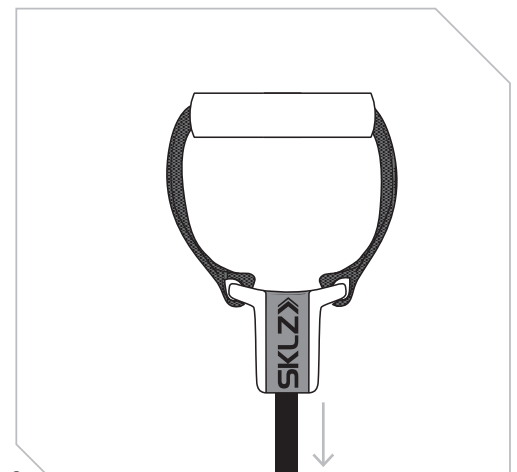
ASSEMBLY



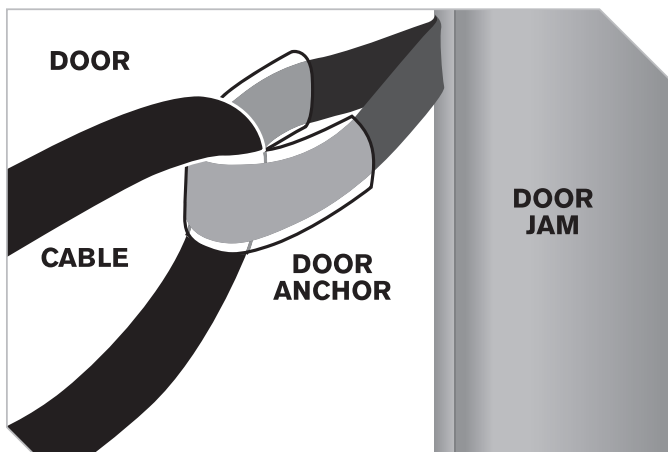
1 Slide locking door open by pushing up from the bottom.



2 At approximately a 45° angle, insert the wide portion of the cable between the open door and the handle.



3 Slide door closed and pull down firmly on the cable until the wide portion nests behind the door.



USING THE DOOR ANCHOR

- 1 - Select a sturdy, three-hinged door that locks.
- 2 - Always face the side of the door that opens away from you.
- 3 - While the door is open, insert the reinforcement clip part of the Door Anchor through the exposed space just above one of the hinges, so that it clears the other side of the door. The plastic sleeve should be on the side of the door you're on.
- 4 - Close and LOCK THE DOOR (if possible).
- 5 - Test the Door Anchor by giving it a very strong pull using your body weight to ensure that the reinforcement clip catches and is secure. It should not move at all when you pull it.
- 6 - Thread the cables or a handle through the loop and you're ready to begin your workout.

NOTE: Make sure that when you're working out with the Door Anchor, the cables engage with the protective sleeve, NOT the nylon directly. The protective sleeve prevents the cables from rubbing against the nylon, in order to avoid premature wear.