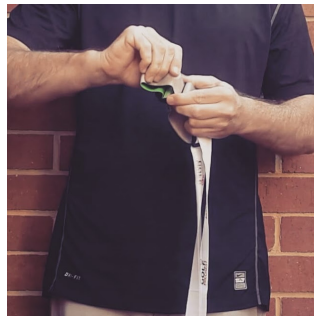


**QUICKSTART GOLF PRECISE-57 POWER SWING TRAINER
FOR BEST PERFORMANCE SIZE, AND FIT CORRECTLY**



Pulling material out of the ROM1 Stabilizers (green), size for a secure fit.



Stretch, and slide your hand inside.

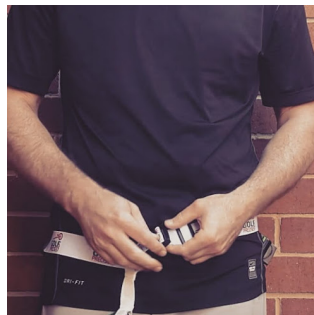


Place directly above the elbow, and cross-check for a secure fit.

Larger players size for a loose fit around the waist, smaller players a snug fit.



Pull firmly to secure.



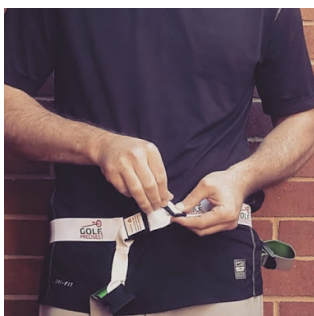
Clip-in the Axis Stabilizer. Position the Resistance Slider (black clip).



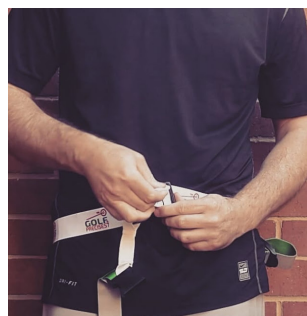
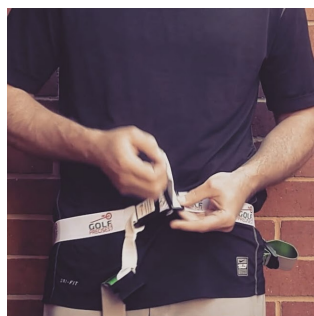
After proper sizing, pull the extra material out of the Axis Stabilizer.



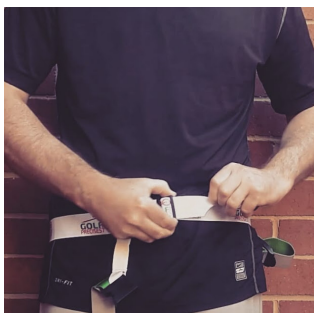
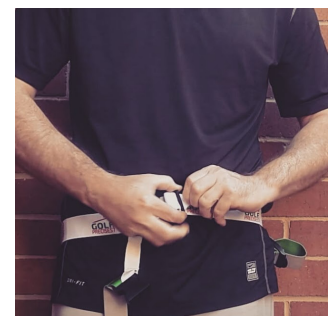
Thread under the 1st gap of the Resistance Slider (black clip).



Continue to thread, and pull tight.



Thread under the next gap of the Sliding Customizer (black clip).



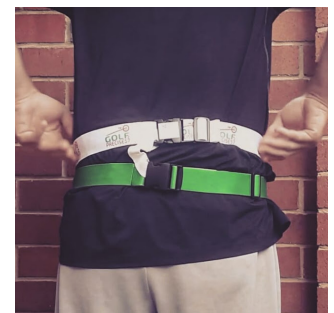
Continue to thread, pulling tight.



Size the ROM2 Stabilizer (green) for a snug fit around the waist.



Wrap around the waist, and avoid twisting. Align, and attach the Axis Stabilizers (black clip-in attachments) to the spine.



QUICKSTART GOLF PRECISE-57 POWER SWING TRAINER

Part 2



Slide the ROM1 Stabilizers (green) to the hips.



Pull and slide the ROM1 Stabilizers (green), until the buckles face down.



Holding both the ExoMorph (white) and ROM1 Stabilizer (green), stretch and insert your hand.



Place directly above the elbow.



Repeat for the other arm.

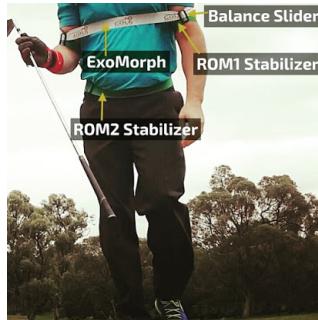


Align the Balance Sliders to the middle of each arm.

Part 3: Cross-Checking, Practice/Play, And How To Remove.



Check for proper sizing, and fitting. You can raise and lower the ROM2 Stabilizer (green) pending on your height.



Check for proper resistance, and range of motion.



With proper sizing; you can practice/play as usual.



Holding both the ExoMorph (white) and ROM1 Stabilizers (green), stretch and remove each arm; unclipping the Axis Stabilizers.



Troubleshooting

RIDING UP YOUR ARMS, OR CHEST: Either, 1) Reduce the size of your ROM1 Stabilizers (armbands), 2) Reduce the size or adjust the height of the ROM2 Stabilizer. *Well-endowed female athletes have the option of wearing the Axis Stabilizers at the front.
PULLING ON YOUR ARMS: Increase the size of the ExoMorph (white band).
MAINTENANCE: After use, pull and slide the ROM1 Stabilizers (armbands) to eliminate bunching.
WASHING: Place in a delicates washing bag. Machine wash in cold water. Drip dry, do not wring, twist, tumble dry, bleach or dry in direct sunlight.

Product Information

Usage

Golf swing practice and playing on the course.

Sizing

Adjustable to comfortably fit all sizes.

Age and Skill Recommendations

Suitable for ages 14 and up, and all skill levels. *Adult supervision required for children 16 years old and under.

Material

Patented Exoprecise resistance technology, latex free product.

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