



# RECOIL 360°

## GETTING STARTED



Thank you for choosing SKLZ Recoil 360°. 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](mailto:customerservice@sklz.com) or give us a call at **1-877-225-7275**.

### BEFORE YOU BEGIN:

- Read all setup and usage instructions carefully before using. If the setup and/or usage 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 Recoil 360° 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 Recoil 360° under strict adult supervision.
- Adult assembly recommended.
- Always check equipment for worn or damaged parts before use. If any defects are found, do not use product.
- To avoid strangulation keep out of reach of small children.
- **Never release the straps, belts and/or bungee while under tension. Sudden release will cause the bungee to snap toward you and potentially cause significant injury, disfigurement or death.**

### ⚠️ CAUTION:

- When in use, make sure Recoil 360° is set up in a clear area to avoid damage to property.
- Prior to beginning any exercise check to verify all carabiners are in the engaged and locked position; during use continue to check and verify 100% carabiner engagement. The Recoil 360° should not be stretched more than 20 feet. The Recoil 360° bungee is not meant to be maximally loaded. Running, sprinting or shuffling until the bungee is completely stretched is not the proper use of this training tool. It may also result in injury or equipment failure.

### CARE:

- Belt is machine washable. Hang dry. Do not tumble dry.

### 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. Need proof of purchase for warranty coverage. **Questions? Email [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free 1-877-225-7275.**

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## IN THE BOX

### A BELT



### B PARTNER SAFETY STRAP

### C 8' BUNGEE SAFELY STRETCHES TO 20'

## ASSEMBLY



### GENERAL SETUP

1. Fasten the Recoil 360° belt around your waist. Tighten by looping the adjustable belt through the square rings and firmly pressing the hook and loop fastener together. The belt should lay flat for the free-motion ring to operate smoothly.

**NOTE:** The Recoil 360° belt should fit snugly around the waist without restricting movement.

2. Attach one or both ends of the bungee by clipping the attached metal carabiner to the free-motion ring on the Recoil 360° belt.
3. Anchor the other end of the bungee by clipping the attached metal carabiner 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.

### OPTIONAL PARTNER SETUP

1. Attach the other end of the bungee by clipping the attached metal carabiner to the partner safety handle. Partner should securely wrap the safety strap around his/her wrist.

**NOTE:** Partner should start in a base stance with feet staggered and both hands holding the strap so there is no slack, but no stretch.

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