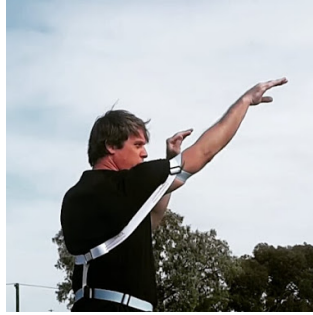


## QUICKSTART BASKETBALL PRECISE-501010

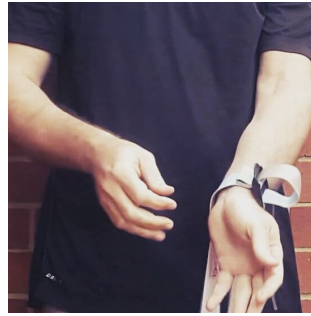
Proper sizing and fitting is required for best performance.



### Part 1: Sizing



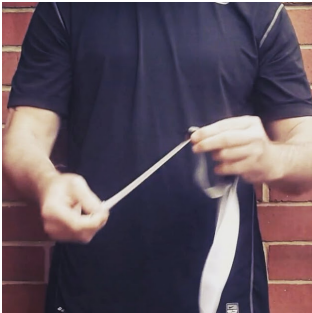
Pull the blue material out of the Exoprecise AnchorX (armband). Adjust the size for a tight fit around your lower bicep.



Check for proper sizing, stretch, and slide your hand inside.



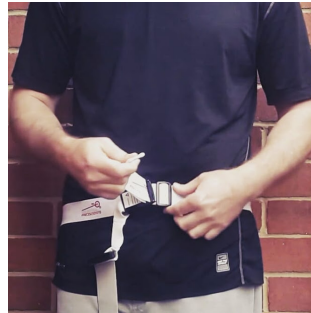
Place at your lower bicep, checking for a tight fit.



After correct sizing, firmly pull the material.



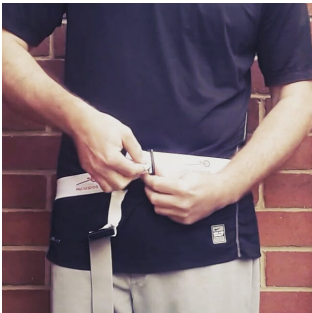
Pinch and pull the material through the top of the attachment clip.



Thread the material under the first gap, and pull it tight.



Thread the material under the second space, and pull it tight.



**\*Important!** For best performance align and attach to your spine.

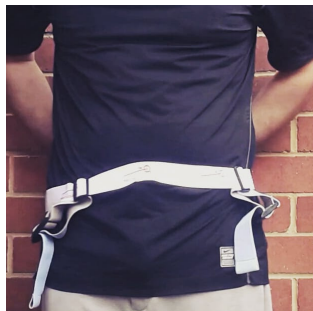


Measure the Exoprecise-AnchorT (blue) for a tight fit around the waist.

### Part 2: Wearing



Adjust the size.



Wrap around your waist. Check for twisting.



Slide, and align the Exoprecise AnchorX's (blue armbands) to the hips.



## QUICKSTART BASKETBALL PRECISE-501010

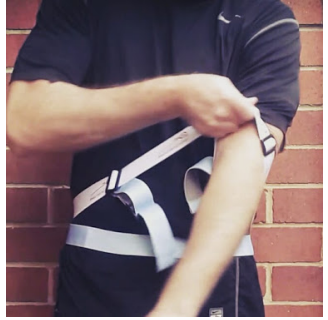
### PART 2: Wearing (Continued)



Pull and slide the Exoprecise AnchorX's (blue armbands), until the buckles are at the bottom.



Stretch the Exoprecise AnchorX's (blue armbands) material, sliding your hand inside, placing directly above the elbow.



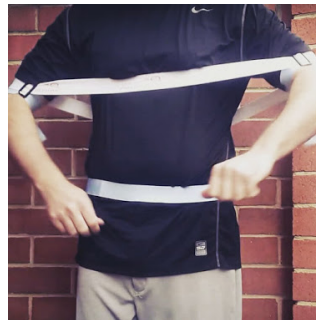
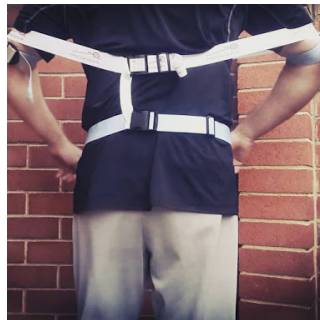
Align the Exoprecise Sliders to the outside of your arm.



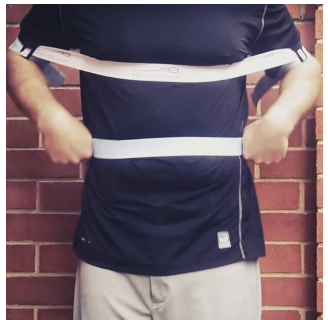
Insert the other arm.



Exoprecise Axis-Anchors aligning to the spine, improving balance and performance.



Check for proper sizing and resistance.



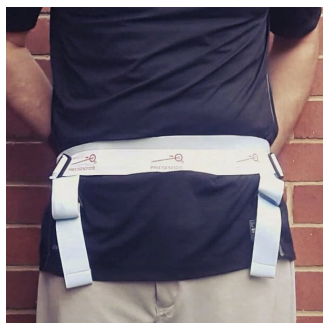
Tall players, can raise the Exoprecise AnchorT (blue band).



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



Holding both, the armband and white band, stretch and pull; sliding down your arms. Unclip, and remove from your waist.



#### Troubleshooting

**RIDING UP YOUR ARMS, OR CHEST:** Either, 1) Reduce the size of your armbands, 2) Reduce the size of the bridging band, or 3) Reduce the size of the anchoring band. \*Well-endowed female athletes have the option of wearing the clip-in attachments at the front.  
**PULLING ON YOUR ARMS:** Increase the size of the white band.  
**MAINTENANCE:** After use, pull and slide the armbands to reduce bunching of the material. 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

Mens and womens Basketball. Shooting, dribbling, passing, and defense.

##### Sizing

Adjustable to comfortably fit all sizes.

##### Age and Skill Recommendations

Suitable for ages 8 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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