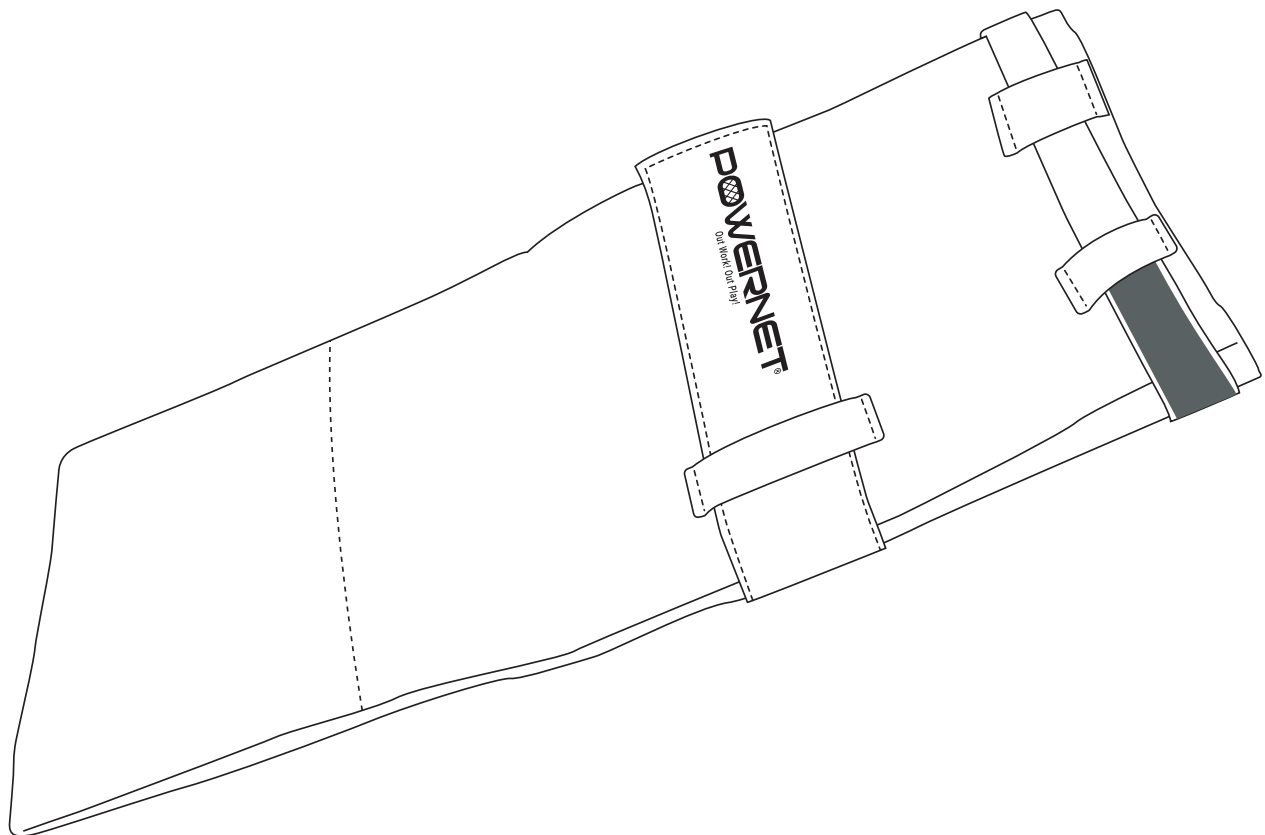


# POWERNET®

*Out Work! Out Play!*

## **GERMAN MARQUEZ WARM-UP SLEEVE**



**Model 1206**

### **PRODUCT NOTES**

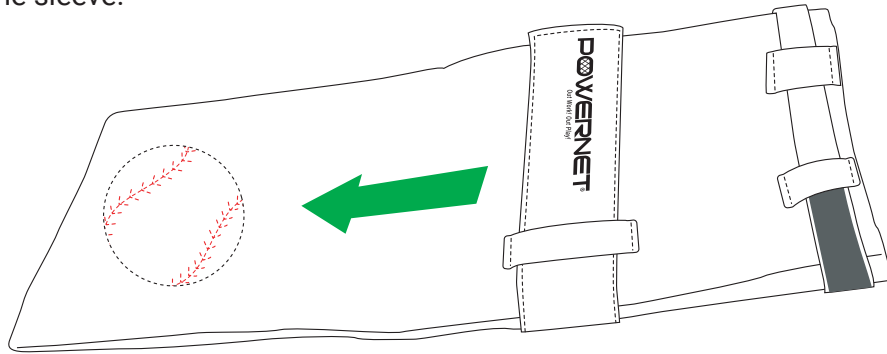
Fits right and left hand throw.

FOR VIDEO INSTRUCTIONS VISIT:  **POWERNET**  **TrainingNets.com**

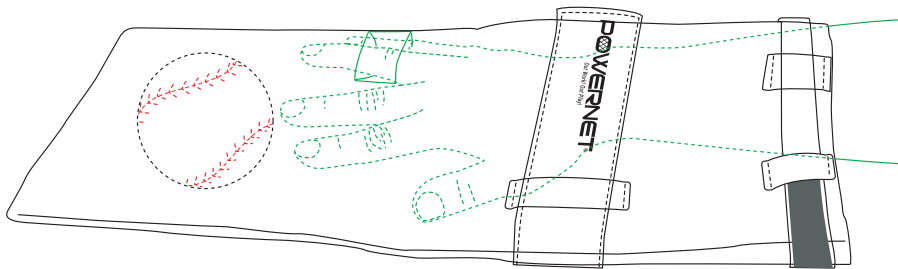
## ⚠️ WARNING

- Read all instructions before using.
- Sleeve can become loose during use. It is important to secure to arm correctly and regularly check for snugness. Failure to do so can cause damage or harm to others due to the possibility of the sleeve coming off while throwing.
- After training, store your equipment. Do not leave outdoors.

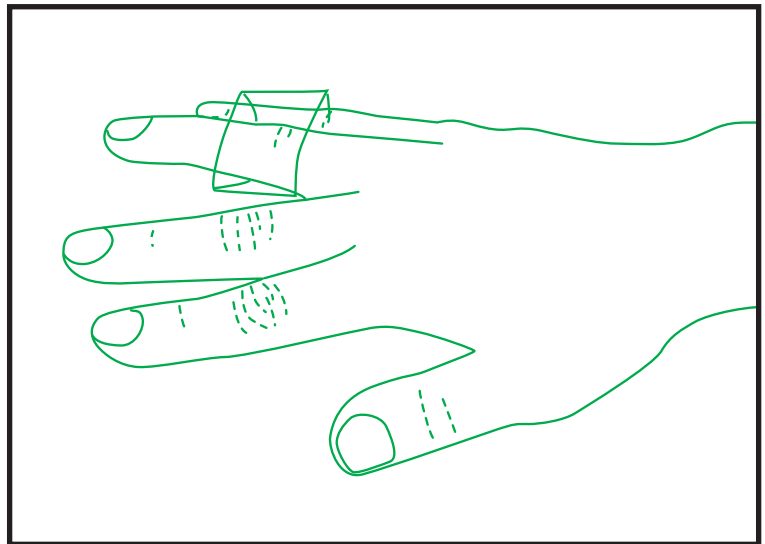
**1** Insert a ball into the sleeve.



**2** Insert your hand into the sleeve. Slide your pinky and ring finger through the internal loop and grab the ball. (Illustration shows right hand throw. Reverse for left hand.)

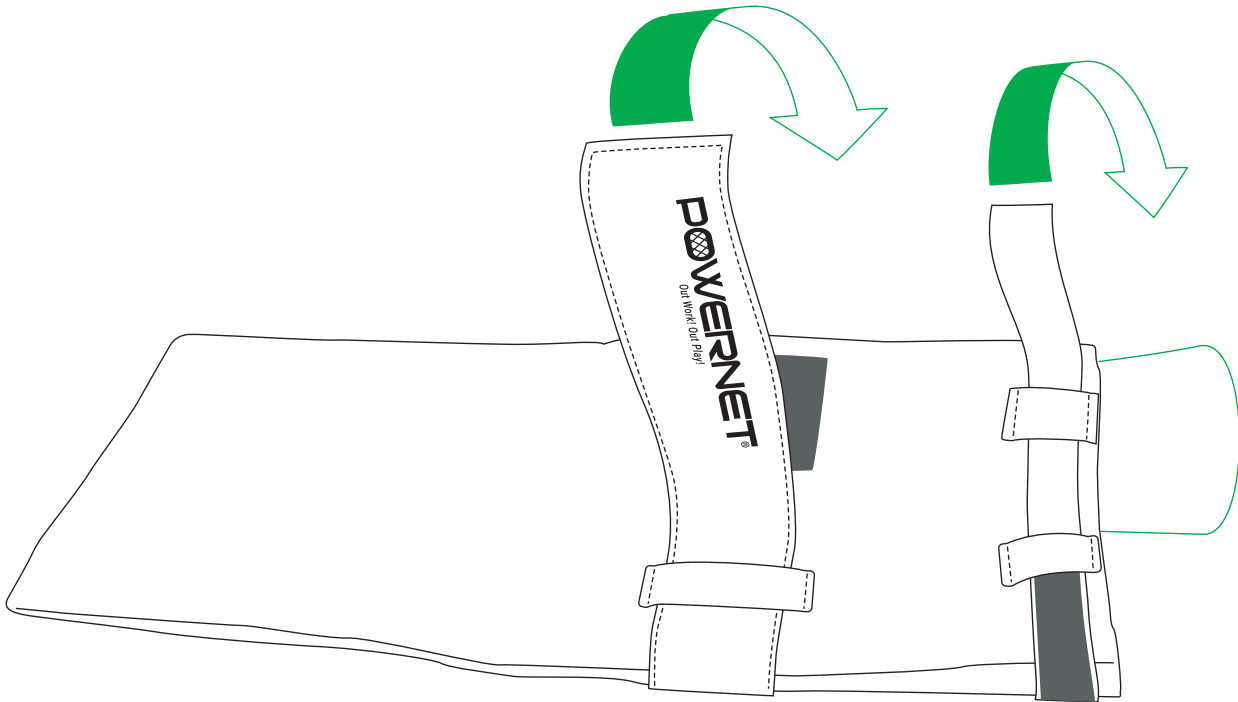


**NOTE:** The internal loop acts as an additional feature to prevent the sleeve from coming off after throwing the ball.



**3**

Tighten and attach both straps at the **wrist** and **forearm** to a snug, safe fit.



## TIPS

- To extend the life of your warm-up sleeve, do not yank on the straps while adjusting. Gently tug and secure when snug.
- If the sleeve is too abrasive you can wear an arm sleeve to put between the sleeve and your arm.
- Can be used with or without a glove on opposite hand.
- Use for pre-hab as well as re-hab.
- Use with the same mechanics as your regular pitch including the release of the ball.

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## OUR VISION

Building confidence through sports is a far-reaching achievement that takes time and repetition.

Winners aren't built overnight. Individuals who challenge themselves to excel in sports walk away with something even greater than the game; pride, confidence and self-respect. This places them in a position to experience sustained success in all areas. Our driving force is to get PowerNet gear in the hands of the player. We trust in the process of training and hard work as we know it leads to success on and off the field. Our hope is to play a role in building winners in sports and in life.

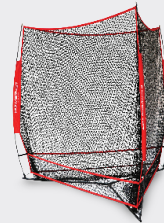
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