PROSTINGE TIME



INSERT SYSTEMS INFORMATION

The Champ ProStinger golf cleat is available for Fast Twist® 3.0 and Fast Twist® insert systems. There are several important distinctions between the two as highlighted in the sections below. It is very important to understand the differences to avoid installing the incorrect cleat into an incompatible receptacle. (See important note below*)



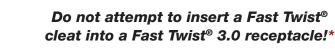


RECEPTACLES

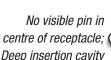
The Fast Twist® 3.0 receptacle has a shallow insertion cavity and a pin in the centre to prevent insertion of Fast Twist® Cleats.

Fast Twist® 3.0 cleats will fit into a Fast Twist® receptacle, but Fast Twist® cleats will not fit into a Fast Twist® 3.0 receptacle.*

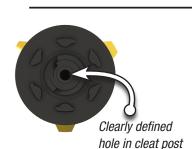




Visible pin in centre
of receptacle; Shallow
insertion cavity*







CLEAT BACK

Fast Twist® 3.0 cleats have a defined hole in the back of the cleat to allow for insertion in the FT3 receptacle. Fast Twist® cleats have a solid (or perhaps slightly indented) post.



Short insertion profile (approx. 3mm) ■



CLEAT PROFILE

Fast Twist® 3.0 cleats have a definitively shorter profile than Fast Twist® cleats, which enables FT3 cleats to work in either receptacle.



INSTALLATION

For Fast Twist® 3.0, thread the cleat into the receptacle by hand and twist until it <u>clicks 1 time</u>. Then, use a cleat wrench to turn the cleat clockwise until it **clicks 1 additional time**, locking the cleat into place.

For Fast Twist[®], thread the cleat into the receptacle by hand and twist until it <u>clicks 1 time</u>. Then, use a cleat wrench to turn the cleat clockwise until it **clicks 2 additional times**, locking the cleat into place.

*SPECIAL NOTE: Certain models of golf shoes made by Nike and Ecco have Slim-LOK® receptacles, which look similar to Fast Twist® 3.0 receptacles, but have no pin, and are too shallow to accept Fast Twist® cleats.

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