



Resistance Band Training Kit

Product Instruction Manual



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MLL 2014 Draft Pick
NCAA Division I Champion
NCAA All-Tournament Team
2013 All-American Attack HM
2013 UVA Leading Scorer

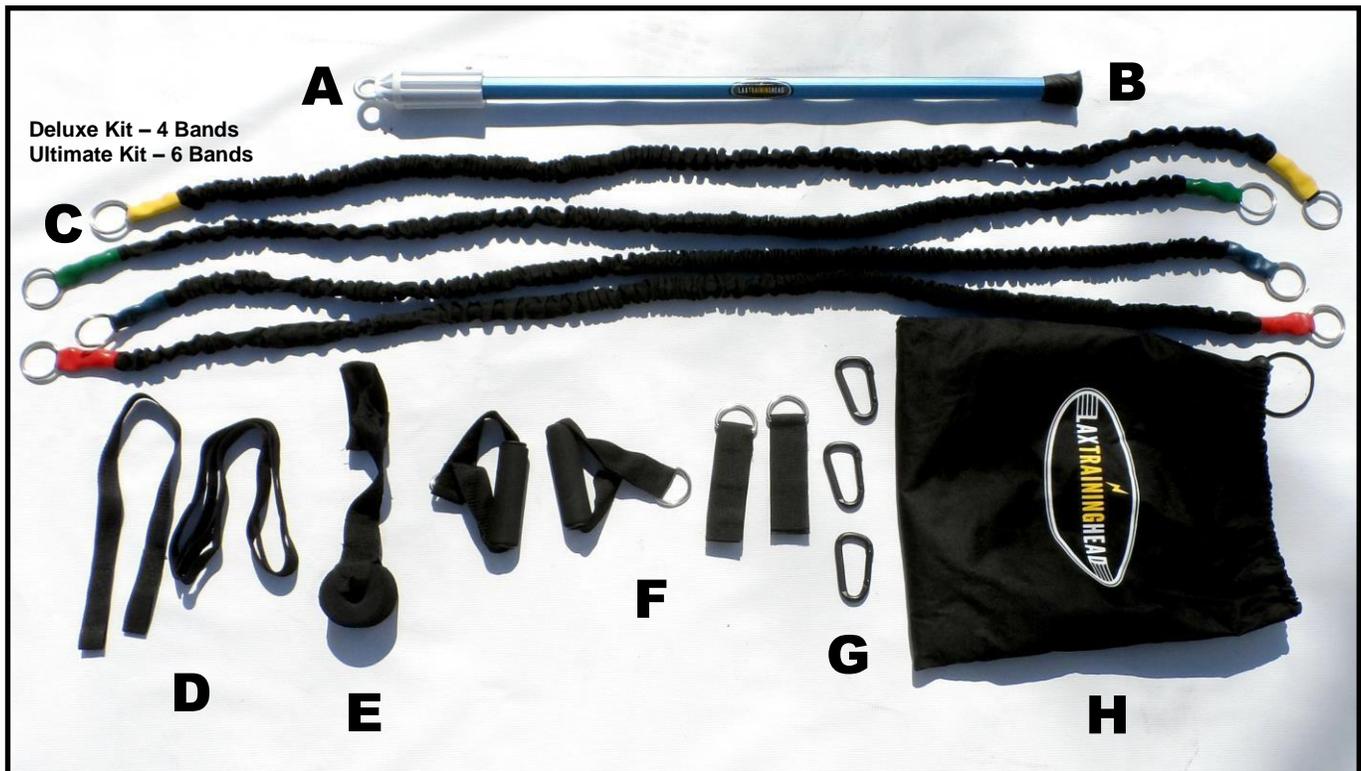


WARNING

Please read all instructions and directions prior to set up and use of this product.

- **Please check all parts and components prior to use. Contact Hometown Heroes Sports, LLC (HTH Sports) at 516-764-1437 if any components are not included.**
- **Please keep this product away from small children as components may be a choking or strangulation hazard.**
- **Recommended for ages 14 and older. Individuals under the age of 18 should use this product with adult supervision.**
- **Always maintain a safe distance when supervising or watching an individual that is using this product.**
- **Never release the resistance bands or the lacrosse shaft when under tension. Doing so may cause an uncontrolled snap-back of the product potentially resulting in damage and/or serious injury, disfigurement or death.**
- **Prior to each use of this product, check all components for wear or damage. Do not use if any defects are found.**
- **Always consult your Healthcare provider prior to beginning an exercise program or performing any physical activity.**

Hometown Heroes Sports, LLC (HTH Sports) assumes no responsibility for accidents or damage that may result from the use of this product



Deluxe Kit – 4 Bands
Ultimate Kit – 6 Bands

Congratulations on purchasing the LaxTrainingHead® Resistance Band Training Kit, a patent pending product of Hometown Heroes Sports, LLC (HTH Sports), an innovator and leader in the Sports and Recreation industry. This lacrosse specific training and exercise program kit has been designed to provide a complete workout for any player that wants to improve his or her skills as well as increasing their overall strength, flexibility and conditioning. To help you achieve your goals this high quality training kit contains the following components:

A. LaxTrainingHead® (1) - the patent pending swivel head attaches to the top of any regulation size lacrosse shaft and is designed so that the resistance bands will not get tangled and will move freely throughout a full range of motions and exercises.

B. Lacrosse Shaft (1) - a game quality high grade aluminum shaft used by top players.

C. Exercise Bands (4 or 6) - a set of exercise bands, from light to heavy resistance, provides variable options for players of different ages and ability. Each exercise band is enclosed in a protective sleeve to provide increased durability and safety. The equivalent weights are
Yellow- 10 lbs, Green- 15 lbs, Red- 20 lbs, Blue- 40 lbs / Ultimate Kit also includes Black- 50 lbs & Orange- 70 lbs.

D. Pole Anchor Straps (2) - enables quick and easy attachment to various size outdoor objects such as pipes, poles, fences, trees, etc. Two different lengths are included.

E. Door Anchor Strap (1) - allows you to exercise, where space is available, by anchoring the heavy duty door strap through the hinge side of any solid door.

F. Hand Grips (2) & Ankle Straps (2) - used for various exercises to provide a complete and total body workout for increased strength, flexibility and conditioning.

G. Spring Clips (3) - used to attach the exercise bands to the LaxTrainingHead®, Pole Anchor Strap, Door Anchor Strap, Hand Grips and Ankle Straps.

H. Equipment Bag (1) – a heavy duty nylon bag for storing the product components.

Attaching and Securing the Exercise Kit Accessories and Resistance Bands

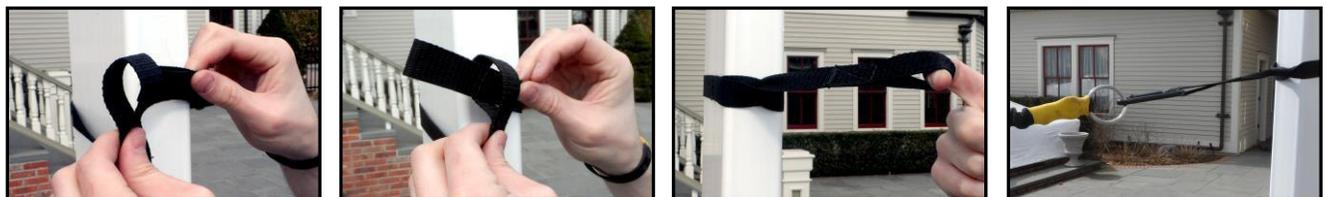
The LaxTrainingHead® Kit can be used effectively indoors or outdoors, with either the door or pole strap anchors, as space permits. Always check that the anchor is secure and that the spring clips are properly connected to the resistance bands and exercise attachments prior to beginning your workout.

Securing the Door Anchor Strap



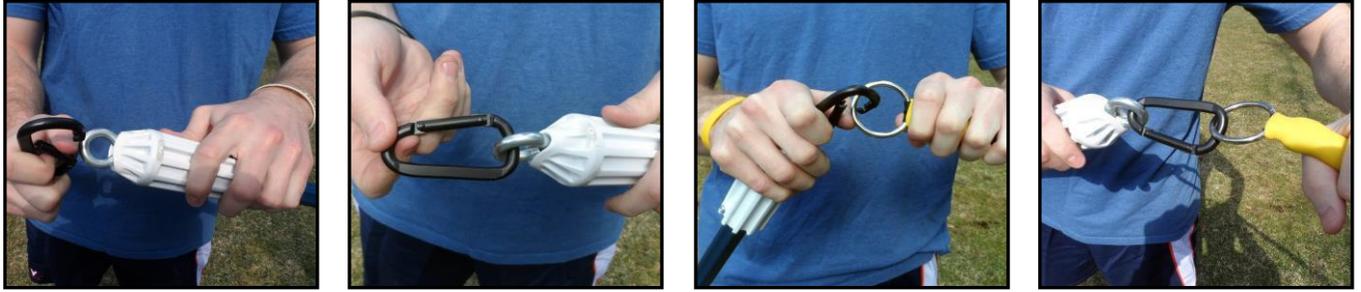
- 1. Slide the door anchor strap through the hinge side of an open door so that the large spool will be on the opposite side of the door from where you will be using the resistance bands.** *Note: It is important that you attach the strap on the hinge side of the door so that it will not release if the door is opened while using the product.*
- 2. Adjust the anchor strap to the desired height required for each exercise.**
- 3. Close the door completely so that the anchor strap is held securely in place.**
- 4. Attach a spring clip to the loop on the door anchor strap and then secure the resistance band to the spring clip.**

Securing the Pole Anchor Strap



- 1. Wrap the strap around a pole, tree or other object at the desired height.**
- 2. Slide the end of the strap through the loop at the other end of the strap.**
- 3. Pull the strap completely through the loop and pull tight to secure.**
- 4. Attach a spring clip to the loop on the strap and then secure the resistance band to the spring clip. (Note: two different length straps are included)**

Securing the LaxTrainingHead® to the Shaft and attaching the Resistance Bands



Note: Slide the LaxTrainingHead® down over the top of the lacrosse shaft so that the screw holes are aligned properly. Secure the head with the screw provided.

1 & 2. Attach a spring clip to the metal ring on top of the LaxTrainingHead®.

3 & 4. Secure the resistance band to the spring clip on the LaxTrainingHead®.

Attaching the Exercise Hand Grips



1. Attach a spring clip to the metal ring on each of the exercise hand grips.

2. Slide the resistance band through the loop of the pole or door anchor.

3. Pull the resistance band through the loop so that the ends meet equally.

4. Secure the metal ring on each end of the resistance band to the spring clips.

Attaching the Exercise Ankle Straps



1. Slide the end of the velcro strap through the metal loop and tighten securely.

2. Attach a spring clip to the metal ring on each of the exercise ankle straps.

3. Slide the resistance band through the loop of the pole or door anchor.

4. Secure the metal ring on each end of the resistance band to the spring clips.

Resistance Band Training

Over the last twenty years resistance band training has become an integral component of exercise fitness programs and athletic training. Resistance bands are a simple and effective method for developing strength, flexibility, stamina, stability and increased range of motion for athletes of all ages and ability levels. When used properly, resistance bands will provide a complete full body workout similar to weight training while reducing the risk of injury that may occur when using free weights or exercise machines. In addition, resistance bands offer an easy and convenient way for children to exercise without stressing their growing bodies.¹

The benefits of a resistance band training program include:

- **Cost Effective:** resistance bands provide a simple and easy-to-use exercise program without the need for purchasing expensive weight lifting equipment.
- **Convenient:** resistance bands are lightweight, portable and easy to set up. They can be used in any indoor or outdoor location as space provides. With resistance band training you can get a full body workout without having to go to a gym.
- **Adaptable:** resistance band training can add variety to your exercise program and can be customized to maximize your workout. Individual sport specific exercises will teach proper athletic technique while targeting key muscle groups to develop increased speed, strength, stability and range of motion.
- **Results:** resistance bands provide continuous tension throughout the exercise. As the range of motion of the exercise increases the resistance also increases forcing your body to use more muscle groups to stabilize the movement. By isolating these muscle groups, not only will you increase your strength and flexibility, you will also develop the stabilizing muscles that are critical in helping to prevent athletic injuries.
- **Success:** including resistance band exercises as part of your training program will help to increase your athletic ability and improve your performance!

1. Neely, Michael (2011, December 19). Exercise for Kids: What's Safe, What's Not. Retrieved from <http://www.doctoroz.com/blog/michael-neely-do/exercise-kids-what-safe-what-not>

Basic Exercise Guidelines for using the LaxTrainingHead® Resistance Band Kit

Prior to performing each exercise it is important that you check the pole or door anchor and all attachments and resistance bands to ensure that they have been properly secured.

Resistance Band Weight Equivalents

Deluxe Set includes: Yellow 10 lbs. / Green 15 lbs. / Red 20 lbs. / Blue 40 lbs.

Ultimate set also includes: Black 50 lbs. / Orange 70lbs.

- Stand at an appropriate distance from the anchor point so that all slack has been removed from the resistance band. There should be light tension on the band at the start of each exercise movement. You should feel resistance through the entire range of motion.**

- Each exercise repetition should be done at a moderate pace. Both the positive movement (away from the starting point) and negative movement (returning to the starting point) should be done at a controlled tempo so that you feel tension throughout the exercise. This will encourage an increase in the development of the stabilizing muscles that are required to maintain proper athletic form.**

- Performing each exercise with the proper technique through the complete range of motion is required for increasing strength and flexibility while limiting the risk of injury. Select a resistance band that will allow you to complete each movement while maintaining maximum control and proper form. If you are struggling to maintain proper technique use a lighter resistance band until you are able to successfully complete each repetition.**

- Complete three sets of 8 to 12 repetitions per set for each exercise. Rest for one to two minutes between sets. Repeat for each side.**

- Vary your training routine. Concentrate on sport specific skill exercises on one training day and strength and conditioning exercises the next.**

Lacrosse Skills Training Exercises

To view a complete instructional training video series go to

www.laxtrainer.com/pages/videos

Overhand Shooting & Passing



- **Resistance Band Anchor Point:** above head
- **Position:** perpendicular / feet shoulder width apart / arms fully extended
- **Movement:** step with lead foot and follow through to full extension
- **Tips:** rotate trunk and hips / maintain proper shooting and passing technique
- **Goal:** strengthen arms, shoulders and core muscles / develop proper stick technique

Sidearm Shooting & Passing

- **Resistance Band Anchor Point:** waist level
- **Position:** perpendicular / feet shoulder width apart / arms fully extended
- **Movement:** step with lead foot and follow through to full extension
- **Tips:** rotate trunk and hips / maintain proper shooting and passing technique
- **Goal:** strengthen arms, shoulders and core muscles / develop proper stick technique

Overhand Quick Stick

- **Resistance Band Anchor Point:** above head
- **Position:** forward facing / hands high on shaft upright in front of body
- **Movement:** snap forward and down with top hand to full extension
- **Tips:** use arms and hands only to complete quick stick movement
- **Goal:** strengthen forearms and shoulder muscles / develop proper stick technique



Register online to receive additional product and membership benefits. Registered members will have access to advanced full body exercise and lacrosse training videos as well as skill development and training tips from some of the top lacrosse players and coaches in the country.

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laxtrainer.com

LaxTrainingHead® is a registered product of

**Hometown Heroes Sports,
LLC**

Visit us online at laxtrainer.com to register your product and to ensure merchandise warranty coverage. Limited 90 day guarantee from the original date of purchase. HTH Sports guarantees that all materials and components are free of defects from production and workmanship. Warranty does not cover damage from misuse of the product or lost merchandise or components. For all customer service and warranty inquiries, as well as merchandise return information, please contact:

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