

## MY ENEMY LIT


My Enemy lit with our patented technology will give you an opportunity to hone your skills. My Enemy lit will improve your puck control, coordination, reaction time, stickhandling, shooting, fast hands, and peripheral vision. It will enhance your stickhandling skills and movements so you can be more powerful in the field.


My Enemy lit is designed and tested by professional hockey players and coaches. Durable and high quality - easily portable and can be used anywhere (by placing it on any flat surface) for on/off ice hockey training.

Before using the sports training aid carefully read this usage instruction, it contains important information. Non-compliance with the provisions prescribed in this instruction can be dangerous! For additional information, please contact us or visit our web page.

### Attention


The followings are fatal information for your safety, please observe strictly.


“  ” Warning signal - The next item of the manual with a warning signal should be abided strictly, otherwise there will be anger the personal safety or could lead to a significant accident.

“  ” Forbidding signal - The next items of the manual with forbidden signal be abided strictly, otherwise there will be a danger to the persona; safety or could lead to damage to the machine. Before use


1. Check the condition of the plastic surface.
2. Do not use it in the following cases:
  - if the plastic surface is cracked
  - if the plastic surface is sandy/dirty
  - if some part of sports training aids hasn't been correctly attached
  - if sports training aid hasn't been properly tightened
  - if plastic feet or fastening's bend areas are damaged, loose, or not properly tightened
3. The training equipment shall be installed and used only on areas with a smooth surface.
4. Use only the included original parts to install the sports training aid. Use only the tool intended for this purpose.
5. Children up 16 years may use the training equipment only under the supervision of adult persons.


 Before using the exercise equipment, always stretch properly to warm up.

 DO NOT leave pets unattended in the same room with the sports training aids

 DO NOT use attachments not recommended by the manufacturer.

 DO NOT place any sharp objects around the exercise equipment.

 DO NOT put your fingers in moving parts.

 Never operate the exercise equipment if the exercise equipment is not functioning properly.

## Instructions

1. The sports training aid is intended to be used outdoors, in home circumstances, and in sports centers.
2. Only one person at a time should use the exercise equipment, so you wouldn't harm yourself or others.
3. You have multiple choices on how to train with My Enemy lit because of its 7 ribs, you can make a straight line, zig-zag, half-circle, triangle, etc - you can use your imagination and be creative.

- ⊘ If any parts are damaged, DO NOT use the sports training aid.
- ⊘ DO NOT hit the sports training aids, it can damage the product.

## Care and maintenance

- ⚠ The training equipment shall be stored in clean and dry rooms temperature from 15°C to 25°C (59°F to 77°F).
- ⚠ The equipment shall not be stored wrapped, except during transportation.
- ⚠ Stay away from heat sources.
- ⚠ Exposure to rain and snow will shorten the sports training aids life.
- ⚠ Never store the sports training aids outside.
- ⚠ The training equipment can be carried with a smooth surface against the body.
- ⊘ Never step on the training aid or throw it around.
- ⊘ Don't store sports training aid in a place with direct sunlight for a long time, because it will prevent plastic from aging.
- ⊘ Do not dry sport training aids on the heating elements or with a hairdryer.
- ⊘ Do not clean sport training aids with strong influence cleaning agents, except for the intended ones. DO NOT use solvents or bleach.
- ⚠ After use, wipe off the dirt and store at room temperature from 15°C to 25°C (59°F to 77°F).
- ⚠ The exercise equipment can be cleaned using a damp cloth and mild non-abrasive detergent.
- ⚠ INSPECT FOR DAMAGE BEFORE EACH USE.

SAVE THESE INSTRUCTIONS.