

SKILLS BELT Instructions

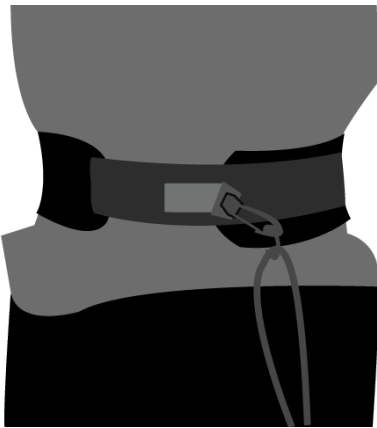
The Waist Trainer is designed to help improve your touch, control, shooting, passing, throw-ins and other skills.

Cord length extends to a maximum distance of 18 feet (5.5 metres).

- 1** Secure your football (NOT included) with the fastening straps to the waist trainer.



- 2** Adjust the fastening belt and secure to the waist.



- 3** Adjust the cord length to suit your game style.



Skills Belt comes fully assembled.

IMPORTANT: REVIEW CAREFULLY AND KEEP FOR FUTURE REFERENCE

Developed in the UK by iControl Sport Limited / Football Flick. Assembled in India.

SAFETY AND CARE: When not in use, always store the unit away. Prolonged exposure to sunshine, rain, snow etc. will cause deterioration of the unit. The Football Flick Hero! Skills Belt has been designed to be used with standard weight footballs. It has not been designed to be used with heavier adaptations or any other objects. Set up should be carried out by an adult. Regularly check all fastenings are secure. The Football Flick Skills Belt should be used responsibly and under the supervision of adults where children may be using it.