



POWERLOCK DOUBLE END REFLEX BALL

ASSEMBLY INSTRUCTIONS

INSTRUCTIONS

STEP 1: Secure both ends of the elastic rope, using one of the below methods.

A. Using Suction Cup

- i. Place suction cup into the disengaged position (down position) (FIG. 1)
- ii. Place suction cup on smooth flat surface (marble, glass, wood, steel), and press it firmly against the surface
- iii. While applying pressure, engage suction cup (up position) (FIG. 2)

B. Using Carabiner

- i. Remove the end of the elastic rope from the adjuster
- ii. Wrap the rope around the carabiner
- iii. Re-insert the rope into the adjuster (FIG. 4)
- iv. Clip the carabiner to a hook or a weight

C. No Carabiner or Suction Cup

- i. Remove the end of the elastic rope from the adjuster
- ii. Wrap the rope around object or weight (FIG. 3)
- iii. Re-insert rope into the adjuster (FIG. 4)

STEP 2: Once the ends are secure, use the adjusters to tighten the rope until it is straight. Tighter rope tension, will cause faster rebounds.

STEP 3: Next, adjust ball height, on the rope to match the height of the user. Use two adjusters, on both ends of the ball, to slide into the desired location. (FIG. 5)

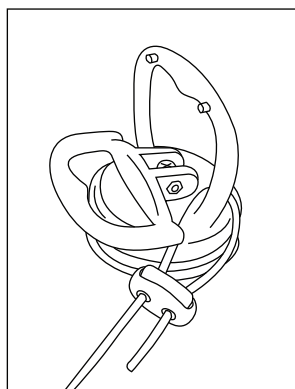


FIGURE 1

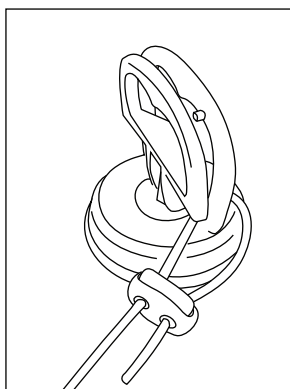


FIGURE 2

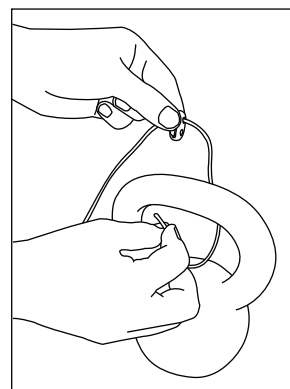


FIGURE 3

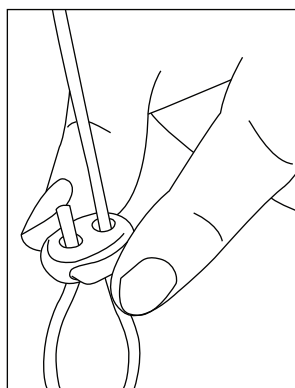


FIGURE 4

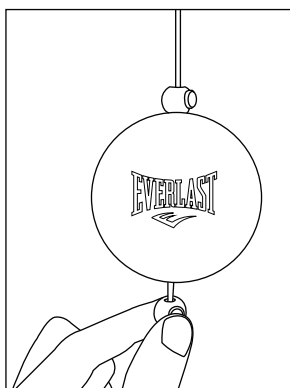


FIGURE 5

everlast.ca

Everlast™, the Econ device™, and GREATNESS IS WITHIN™ are trade marks of Everlast World's Boxing Headquarters Corporation and used under license by ACI Brands Inc.

MANUFACTURED BY: EVERLAST SPORTS MFG. CORP. 1900 HWY DD MOBERLY, MO 65270
IMPORTED BY: ACI BRANDS INC., 2616 SHERIDAN GARDEN DR., OAKVILLE, ONTARIO L6J 7Z2, CANADA

AD08337-P000030711M-0923