



# MOBILITY BAR™

## GETTING STARTED



Thank you for choosing SKLZ Mobility Bar. We are dedicated to providing you with the best tools and instruction possible to help you prepare for your sport. If there is anything else we can do to help, don't hesitate to send us an email at [customerservice@sklz.com](mailto:customerservice@sklz.com) or give us a call at **1-877-225-7275**.

### BEFORE YOU BEGIN:

- Read all setup and usage instructions carefully.
- Always check equipment for worn or damaged parts before use. If any defects are found, do not use product.
- If you are missing any Mobility Bar components, please contact SKLZ customer service toll free at **1-877-225-7275**.

### ⚠️ WARNING:

**PHYSICIANS WARNING:** Not all exercise equipment and programs are suitable for everyone. It is recommended that you consult your physician before using this equipment or beginning this or any other exercise program.

**LATEX WARNING:** The Mobility Bar is made with natural latex rubber, which may cause allergic reactions in some people that could be life-threatening if unattended. Emergency medical attention is needed at the first sign of any allergic reaction.

- Recommended for athletes over 14 years old. Athletes under the age of 18 should use the Mobility Bar under strict adult supervision.
- Adult assembly recommended.
- Use smooth, controlled, rhythmic tension when pulling and releasing the Resistance Cables to avoid snapping, yanking or recoil. Never release the straps and/or Resistance Cable while under tension.
- Protect the Resistance Cables and yourself by keeping away from sharp objects.
- Never wrap the cables around your neck, mouth, head, shoulders or torso. To avoid strangulation, keep away from small children.

### CARE:

- To clean, wipe with a clean damp cloth.
- Do not use soap or chemicals on Resistance Cables.
- Do not use or store Resistance Cables near abrasive or sharp objects.
- Do not expose the Resistance Cables to extreme temperatures or in direct sunlight or near any heat source.

**PATENT NO. US8961378**

#### IDEA SUBMISSION

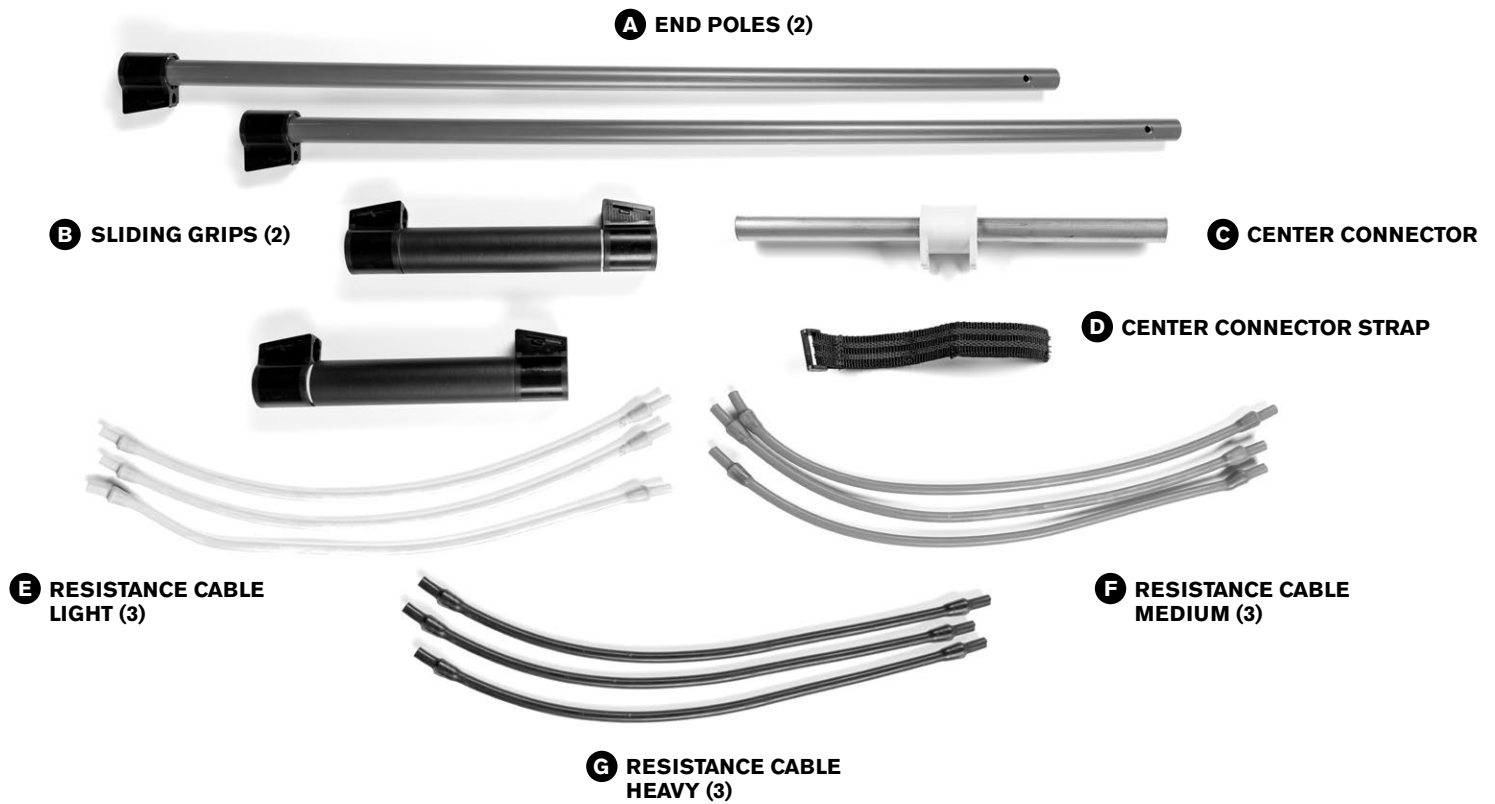
If you have an idea for a new and innovative sports training product, visit [sklz.com](http://sklz.com) to submit your concept. Some restrictions may apply.

#### 1-YEAR LIMITED WARRANTY

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise and is only valid in the USA. Need proof of purchase for warranty coverage. **Questions? Email [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free 1-877-225-7275.**

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## IN THE BOX



## ASSEMBLY



1. Slide one sliding grip over one end pole and then slide the remaining sliding grip over the remaining end pole.
2. Attach each end pole to the center connector and lock in place by aligning the hole in each end pole to the push buttons on the center connector. It will lock in place.
3. Attach the three desired Resistance Cables into the Slide-Locks™.
4. Make sure the center cable threads through the guides.
5. Cinch the center connector strap firmly over the cable and around the center connector between the guides. This will keep the center cable in place and allow for smooth symmetrical movements.