



# PRO TRAINING AGILITY POLES

## GETTING STARTED



Thank you for your purchase. SKLZ prepares athletes to be ready for their sport and our team is happy to help you with product or program questions. Reach us by email at [customerservice@SKLZ.com](mailto:customerservice@SKLZ.com) or by phone at **877-225-7275 x128**.

### BEFORE YOU BEGIN:

- Make sure the Pro Training Agility Poles ground spikes are not bent or damaged
- Please contact SKLZ customer service toll free at 877-225-7275 x128 if you are missing anything.

### ⚠WARNING:

- Read all setup and usage instructions carefully.
- Recommended for athletes over 8 years of age. Pro Training Agility Poles have sharp points and should be set up by an adult. Athletes under the age of 18 should use the Pro Training Agility Poles under strict adult supervision.
- Be sure to consult your healthcare professional before beginning this or any type of exercise program.
- Always check equipment for worn or damaged parts before use.
- If any defects are found, do not use product.
- Pro Training Agility Poles are tools designed to develop skills in a training environment. Take breaks and do not overexert yourself.
- Exercise in open area free of hazards.
- Make sure to remove Pro Training Agility Poles after training. If left they could severely damage field care equipment or injure other field users.

### CARE:

- Do not store in extremely high or low temperatures to avoid damaging or reducing the life of the product
- Do not leave the Pro Training Agility Poles outdoors for extended period of time

### PATENT PENDING

### 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. Register your product at [SKLZ.com](http://SKLZ.com) to ensure warranty coverage, and get new product information and special deals from SKLZ.  
**Questions? Email: [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free: 877-225-7275**

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## IN THE BOX



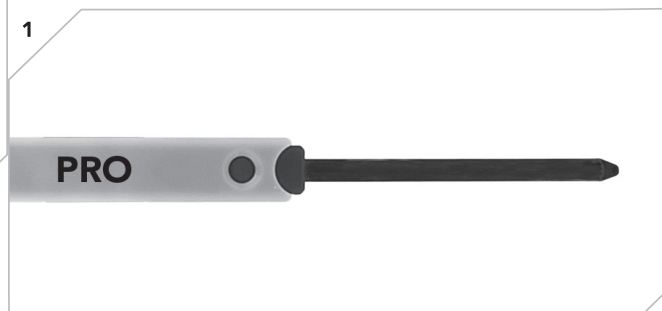
## GETTING STARTED

1



Remove Pro Training Agility Poles from storage bag (D). Extend Pro Training Agility Pole (A) to desired height setting (2ft, 3.5ft, 5ft).

1



When using on grass, push release button (C) at base of the pole to unlock and extract the ground stake (B). Flip the ground stake around so that the spike is now exposed and re-insert it into the base of the pole until it locks into place. Holding the lower segment of the pole, firmly press the spike into the ground. NOTE: When removing pole from ground, pull straight up.

2



For turf or court use, remove and replace ground stakes (B) with spike pointed inward and use Pro Training Utility Weights for support. NOTE: When carrying with a Utility Weight, lift pole by lower third to avoid bending.