

FLEX TRAINER INSTRUCTIONS

The new Oncourt Offcourt Flex Trainer is an essential tool to help athletes of all ages and skill levels improve their balance and movement skills. The package includes 3 levels of resistance to choose from to get athletes into a lower playing and movement height (with knees bent). Since efficient movement in all sports is the key to better performance, the Flex Trainer is a "must have" training tool. The Flex Trainer is designed to give athletes a feel for playing height while enhancing their fitness regimen. Sports performance that can benefit from using the Flex Trainer include: Football, baseball, basketball, tennis, and many more.

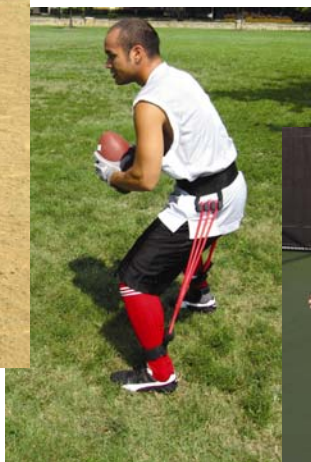
To use the Flex Trainer, follow these instructions:

1. The system includes 6 resistance bands. Start with 1 on each side for the least resistance and increase to 3 on each side for the biggest challenge. The amount of resistance needed is determined by your height, strength, and level of fitness.
2. Strap the waistband around your waist at a comfortable degree of tightness, but make sure it cannot slip down below your hips when in use.
3. Then sit down in a chair and strap each ankle strap so the resistance tubes on each side are towards the outside of each leg. To ensure comfort, place the ankle straps on top of warm-up pants or socks to protect your legs from chafing.
4. Walk around for a minute. If you feel the Flex Trainer pulling you down into a playing height with your knees slightly bent, it is working properly. If you need more resistance, sit back in the chair and add more bands.
5. While using the Flex Trainer, remember that the goal is to gain an improved "feel" for what it is like to move with a lower playing height so that you can replicate that feel without the Flex Trainer during normal play.
6. Have fun and always start your Flex Trainer sessions with just a one-minute session at first before determining how much time and resistance is appropriate for your needs and your level of fitness.



BASEBALL

FOOTBALL



TENNIS



BASKETBALL