



**Read the instructions carefully before using product**



- Always wear athletic shoes to use this product.
- Each exercise should be done in a slow and orderly manner.
- To avoid injuries, follow instructions listed below.
- Consult your physician before using this product or engaging in any type of physical activity.
- People using this product do so at their own risk. During use, cord or strap may break or get loose. When using Leg Trainer, make sure no one is standing near you.

**Instructions**

- Before attempting exercises with the Leg Trainer, imitate movement (without product) until you feel comfortable.
- Begin use of the Leg Trainer with 1-2 sets of 10-15 repetitions. Only increase sets and repetitions when you are unable to achieve muscular fatigue. At first, execute small strides when performing an exercise and only increase extension when you are in full control of movement.
- Take rests of 30-60 seconds between sets.
- Check the elastic cord before each exercise session to make sure there are no cuts or tears on it.



Skillmaster Shooting Range Inc. and / or representatives will not except any responsibility for accidental damages to property or injuries to persons resulting from the use of the HockeyShot Leg trainer. Owners or players using the product do so at their own risk. For additional information, consult our Web site at: [www.hockeyshot.com](http://www.hockeyshot.com)

**Skating Stride (45 degrees)**

<b>Exercise 1</b>		<b>1) Start</b>	<ul style="list-style-type: none"> <li>▪ Stand with both feet slightly apart forming a "V" shape.</li> <li>▪ Bend your knees slightly forward.</li> <li>▪ Keep your head up, chest up and back straight.</li> <li>▪ Keep your arms loose to the side.</li> </ul>
		<b>2) Motion</b>	<ul style="list-style-type: none"> <li>▪ Extend one leg back following the line.</li> <li>▪ Keep your foot slightly above the ground.</li> <li>▪ Swing arms, rotate shoulders.</li> <li>▪ Return leg to the starting position.</li> <li>▪ Repeat with other leg.</li> </ul>



\* Muscles worked: hamstrings, quadriceps, groins, gluts, calves, hips.

**Side Leg push**

<b>Exercise 2</b>		<b>1) Start</b>	<ul style="list-style-type: none"> <li>▪ Stand with both feet slightly apart, pointing forward.</li> <li>▪ Bend your knees slightly forward.</li> <li>▪ Keep your head up, chest up and back straight.</li> <li>▪ Interlock hands in stomach area just above waist.</li> </ul>
		<b>2) Motion</b>	<ul style="list-style-type: none"> <li>▪ Extend one leg sideways following the line.</li> <li>▪ Lean your upper body to the opposite side of extending leg.</li> <li>▪ Return to the starting position.</li> <li>▪ Repeat with other leg.</li> </ul>



\* Muscles worked: abductors, adductors, hamstrings, quadriceps, calves.

**Forward Leg Push**

<b>Exercise 3</b>		<b>1) Start</b>	<ul style="list-style-type: none"> <li>▪ Start with both feet slightly apart pointing forward.</li> <li>▪ Bend your knees slightly forward.</li> <li>▪ Keep your head up, chest up and back straight.</li> <li>▪ Interlock hands in stomach area just above waist.</li> </ul>
		<b>2) Motion</b>	<ul style="list-style-type: none"> <li>▪ Extend one leg forward following the line.</li> <li>▪ Keep your foot slightly above the ground.</li> <li>▪ Return leg to the starting position.</li> <li>▪ Repeat with other leg.</li> </ul>

\* Muscles worked :abductors, adductors, hamstrings, quadriceps, calves.

**Installing Leg Trainer on Footwear**

<b>Fastening Foot Straps</b>		<b>Fastening Foot Straps</b>	<p><b>Sliding foot strap over footwear</b></p> <ul style="list-style-type: none"> <li>▪ Slide the looped foot strap over footwear (place over shoe laces in mid section of the foot). Position the cord near bottom of sole just above the ground.</li> <li>▪ Make sure cord is positioned on the inside of each foot, in the lower mid section of footwear.</li> </ul>
		<b>Tightly Fasten Straps</b>	<p><b>Fastening foot strap</b></p> <ul style="list-style-type: none"> <li>▪ Press with fingers over foot strap and with other hand, pull on strap to tighten loop (foot strap should be tightly fastened on foot).</li> </ul>

\* Make sure straps are tightly fastened in proper location of footwear.

## Changing the Cord

Step 1



### Inserting cord into grommet

- Insert elastic cord into grommet (make sure cord is inserted in front part of foot strap, with HockeyShot sticker).

(Continued)



- Pull through sufficient cord to make the knot.

## Changing the Cord (continued)

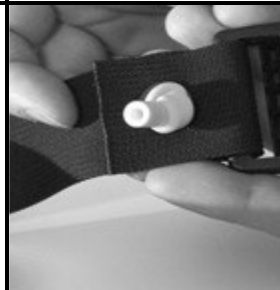
Step 2



### Making knot with cord

- Make a knot with cord. Make sure knot is small and tightly secured.

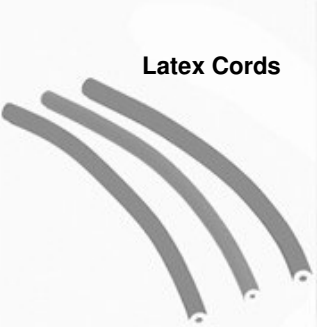
(Continued)



- 1/2 inch of cord should be left between the knot and end of cord.

## Leg Trainer Assembly

Latex Cords



Leg Trainer

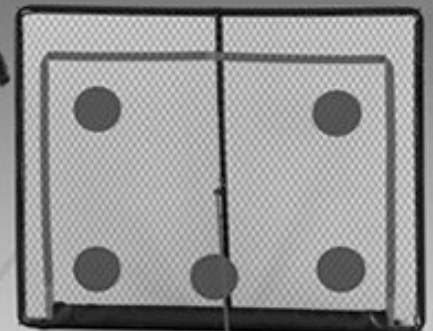
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