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POWER BUILDER
RESISTANCE TRAINING

Get Into Off Ice Training !

Read the instructions carefully before using product

- Wear athletic shoes and hockey gloves to use this product.
- Each exercise should be done in a slow and orderly manner.
- Consult your physician before using this product or engaging in any type of physical activity.

Instructions

- Perform shot with a slow controlled motion.
- Begin use of the Power Builder with 1-2 sets of 10-15 repetitions. Only increase sets and repetitions when you are unable to achieve muscular fatigue.
- At first, execute short forward shot motions when performing an exercise and only increase length of extension when you are in full control of movement.
- Take rests of 30-60 seconds between sets.
- Check resistance cord, screw hook and fastener before each use to make sure there are no cuts or breaks.
- During use, bungee cord, connector or screw hook may break or get loose and fly away. When using Power Builder, make sure no one else is standing in training area.

Skillmaster Shooting Range Inc. and / or representatives will not accept 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

Forward Motion – Wrist / Snap Shot

Exercise 1		1) Start	<ul style="list-style-type: none"> ▪ Start with feet slightly apart, turned to the side, and get in shooting position. Bend knees slightly forward. ▪ Keep head up, chest up, back straight. ▪ Hold stick in wrist / snap shot position.
		2) Motion	<ul style="list-style-type: none"> ▪ Extend stick forward, simulating shot motion ▪ Keep stick slightly above the ground. ▪ Rotate wrists, getting into the follow through. ▪ Slowly return to starting position. ▪ Repeat exercise.

***Major Muscles Worked:** wrists, forearms, biceps, triceps, shoulders and back

Forward Motion – Slap Shot

Exercise 2		1) Start	<ul style="list-style-type: none"> ▪ Start with feet slightly apart, turned to the side, and get in shooting position. Bend knees slightly forward. ▪ Keep head up, chest up, back straight. ▪ Hold stick in slap shot position.
		2) Motion	<ul style="list-style-type: none"> ▪ Extend stick forward, simulating shot motion. ▪ Keep stick slightly above the ground. ▪ Rotate wrists, getting into the follow through. ▪ Slowly return to starting position. ▪ Repeat exercise.

***Major Muscles Worked:** wrists, forearms, biceps, triceps, shoulders and back

Backhand Motion

Exercise 3		1) Start	<ul style="list-style-type: none"> ▪ Start with feet slightly apart, turned to the side, and get in shooting position. Bend knees slightly forward. ▪ Keep head up, chest up, back straight. ▪ Hold stick in backhand shot position.
		2) Motion	<ul style="list-style-type: none"> ▪ Extend stick forward, simulating shot motion. ▪ Keep stick slightly above the ground. ▪ Rotate wrists, getting into the follow through. ▪ Slowly return to starting position. ▪ Repeat exercise.

***Major Muscles Worked:** wrists, forearms, biceps, triceps, shoulders and back

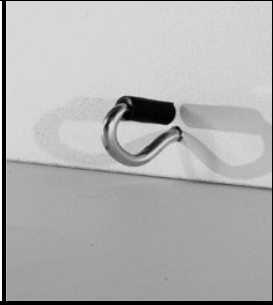
Installing Power Builder on Stick

	Inserting Connector	<ul style="list-style-type: none"> ▪ Insert looped connector on to the stick blade. ▪ Make sure resistance cord is located on back side of the stick blade. ▪ Make sure connector is located 3 to 4 inches from the heel of the stick blade.
	Locking Connector	<ul style="list-style-type: none"> ▪ Once connector is installed in proper location, pull on resistance cord to lock cord tightly on stick blade. ▪ Make sure cord is positioned in the rubber V section of the connector. ▪ To remove cord from blade, pull the cord out of the rubber V section of the connector.

Front of blade

Installing Screw Anchor

* Must be installed by adult



Step 1

- Using a 1/8 inch drill, drill a hole in the lower part (bottom plate) of the wall (1 inch from floor).
- Install the eye screw hook in the drill hole. Greasing screw threads makes installation easier.
- Test to make sure the eye screw is properly anchored.



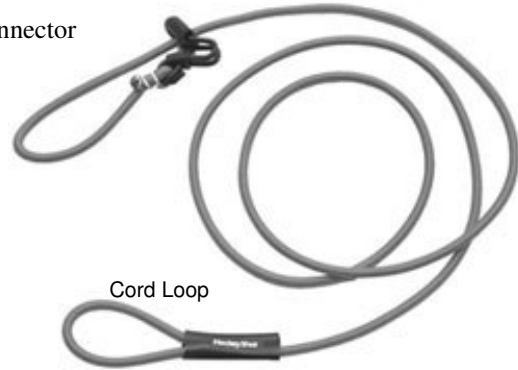
Step 2

- Insert cord loop in eye screw Hole.
- Note:** Pull on hook to make sure screw properly anchored.

PowerBuilder Assembly

Connector

Resistance Cord



Cord Loop

Eye Screw



Join the HockeyShot Training Program

- The HockeyShot Training Program features over 60 hockey specific exercises and is recommended by hockey training experts.
- The program utilizes the HockeyShot Leg trainer and Power Builder.
- The training program is **free** to join!

WWW.HOCKEYSHOT.COM/TRAINING.CFM

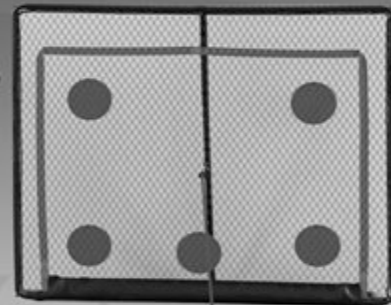
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