

PROFESSIONAL GRADE

SKLZ[®]
C H R O M E



CHEST EXPANDER[™]

INSTRUCTION MANUAL AND EXERCISE GUIDE

Engineered by
Lifeline[®]usa

BEFORE YOU BEGIN

- » Consult your healthcare professional before beginning this or any type of exercise program.
- » Keep equipment away from children. Recommended for athletes over 14 years old. Athletes under 18 years of age should use under strict adult supervision.
- » Always check equipment for wear or damage. If any defects are found do not use product.
- » Wear appropriate clothing and shoes when using equipment.
- » It is the responsibility of the user to read and follow all instructions and warnings.
- » Use equipment only as directed.
- » Read ALL instructions and warnings completely and seek help if you do not understand their contents.
- » Ensure equipment anchor points are secure and will not damage equipment. Always lock doors when being used as anchor points. Place door anchors on hinged side of door and test hold with strong, direct pulling. Only use anchor points that can SAFELY HOLD three times the peak force exerted during equipment use.
- » Imitate exercises WITHOUT equipment until you are able to perform movements with confidence.
- » Breathe naturally and exercise using controlled, deliberate movements.
- » Warm up and stretch before using equipment.

WARNING

Never pull fitness cables so they line up with your face or other sensitive parts of your body. Never place any part of equipment around neck. Never release or adjust fitness equipment when under tension or in use. Never place handles with rotator grips on feet. Never stretch a fitness cable, tube or band more than three times its original length. Failure to do any of the above could result in INJURY or DEATH!

CAUTION—THIS PRODUCT CONTAINS LATEX. If you have allergies to latex, do not use this product.

CARE INSTRUCTIONS

Do not store equipment in direct sunlight or in hot places.

Pro Performance Sports, LLC and Lifeline International, Inc. assume no liability for accidents or damage that may occur with the use of Lifeline products.





Functional fitness: Cutting-edge training

Functional fitness is the effective training approach elite athletes are using to increase performance and prevent injury. While standard training methods isolate muscles, functional fitness training techniques develop balanced, efficient muscles for extraordinary results.

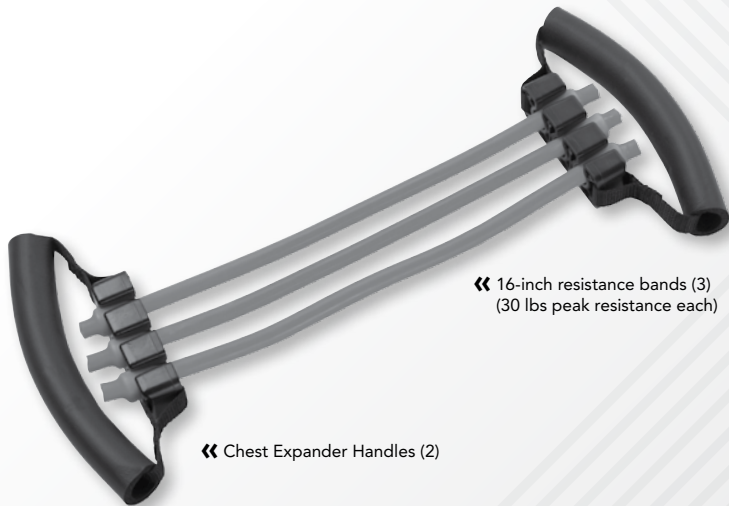
SKLZ Chrome engineered by Lifeline® USA

SKLZ has partnered with Lifeline USA, a leader in functional fitness products, to bring you the same professional grade, premium quality tools that leading athletes use to improve their performance. Whether you're looking to improve your athletic performance or overall strength and physique, the products that work for the pros will work for you.

//// CHEST EXPANDER™: PARTS

SCULPT YOUR CHEST WITH THE CHEST EXPANDER™

The Chest Expander is a traditional favorite of athletes, strongmen and body builders. It delivers powerful results without the expense and inconvenience of bulky equipment. The Chest Expander is highly customizable and portable. Use it at home or on the road.



« 16-inch resistance bands (3)
(30 lbs peak resistance each)

« Chest Expander Handles (2)

REPS AND SETS: A GENERAL GUIDELINE

Reps and sets are a way to track progress with your training. This is a general guide. Programs will vary depending on your specific needs, goals, off-season or in-season, experience, etc.

AS A GENERAL GUIDELINE TO START:

- » 8-10 repetitions for 2-3 sets when training for strength (moderate to heavy resistance with focus on proper form and control)
- » 4-6 repetitions for 3-5 sets when training for power (moderate resistance with increase in speed of movement)

PROPER FORM

When trying movements for the first time, use less resistance with the goal of being able to perform all movements without breaking form. Do not push through or ignore aches and pains as you perform any movement.

PROGRESSIVE RESISTANCE

Progressive resistance is a concept that states you should be able to lift more weight or do more repetitions each time you perform an exercise. As you progress through any training phase, increase the resistance when your prescribed repetitions decrease. When the prescribed repetitions increase, decrease the resistance accordingly. You may also need to adjust your repetitions, sets, and resistance if you are not seeing improvements in your goals.

ADDITIONAL EXERCISES:

Visit SKLZ.com for in-depth training and product videos.



Create your own customized training programs with exclusive online tools.

HOW TO USE THE CHEST EXPANDER

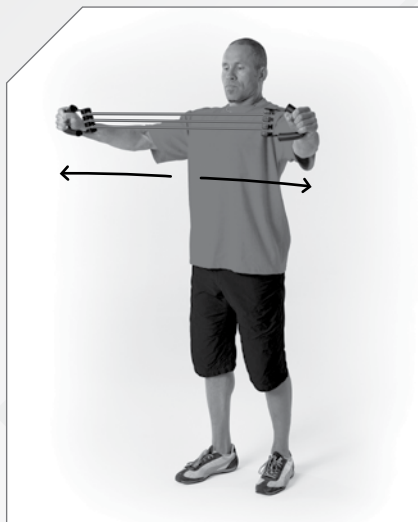
To adjust resistance

The Chest Expander™ comes with three cables, each with 30 lbs peak resistance. You can adjust the peak resistance from 30 to 90 lbs by simply adding or removing cables.

1. To add a cable, stretch the end of the cable so that it slides into the cable pocket channel of one of the handles. Then, repeat this with the other end of the cable and insert it into the corresponding cable pocket on the second handle. For example, if you insert one end of the cable into the center cable pocket, make sure the other end is also inserted into the center cable pocket. When stretched, the cables should not cross each other.
2. To remove a cable, stretch the end of the cable so it slides out of the cable pocket channel.

Basic usage

1. Start with a low resistance. Increase resistance as you become more comfortable with the product.
2. A wide variety of exercises are possible with the Chest Expander, including lateral flies, shoulder presses and even bicep curls.
4. When working out, be sure to maintain proper alignment and posture by keeping your chest up, head neutral, your abs slightly contracted and your feet shoulder width apart.



REVERSE FLY



BICEP CURL

90-DAY LIMITED WARRANTY – CHEST EXPANDER™

Pro Performance Sports (PPS) warrants to the original consumer purchaser of any PPS product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective, and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS, return the product along with proof of the date of purchase (i.e. the packing slip), postage prepaid to the address below for replacement consideration:

Pro Performance Sports :: 5823 Newton Drive :: Carlsbad, CA 92008 :: Attn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS require a Return Merchandise Authorization number (RMA). For returns to PPS and for all other Customer Service inquiries, please call toll free: 1-877-225-7275

Register your product at SKLZ.com to ensure warranty coverage, get new product information and special deals from SKLZ



DO YOU HAVE A WINNING SPORTS PRODUCT OR IDEA?

Visit our website to learn how to submit a product application for consideration.
It may become our next winning product!

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