

PROFESSIONAL GRADE

SKLZ®
C H R O M E



FITNESS CABLES

INSTRUCTION MANUAL AND EXERCISE GUIDE

Engineered by
Lifeline®
usa

⚠ WARNING: PLEASE READ!

- » Do not use without shoes.
- » Recommended for athletes over 14 years old. Athletes under 18 years of age should use 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.
- » **NEVER RELEASE THE RESISTANCE BANDS WHILE UNDER TENSION!**
Sudden release will cause the band to snap toward you and potentially cause significant injury, disfigurement, or death.
- » Refer to care and safety instructions document for additional information.

BEFORE YOU BEGIN:

- » Please contact SKLZ customer service toll free at 877-225-7275 x128 if you are missing anything.
- » Read all setup and usage instructions carefully.

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





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.

//// FITNESS CABLES: **SET UP**

HOW TO USE THE FITNESS CABLES

Adjust the peak resistance from 10-100 lbs by changing cable.

1. To change a cable, stretch the end of the cable so that it slides into the cable pocket channel of the Exchange Handle or Triple Grip Handle. Then, repeat this with the other end of the cable and insert it into the same pocket on the second handle. In other words, if you insert one end of the cable into the center pocket on one handle, make sure you insert the other end into the center pocket of the other handle. 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. Repeat this with the other end of the cable.



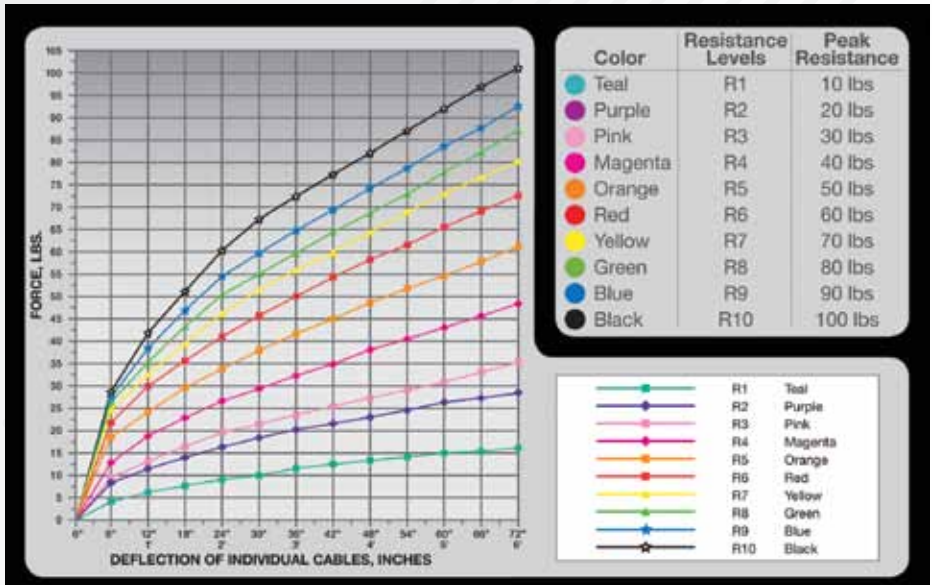
EXCHANGE HANDLE



TRIPLE GRIP HANDLE

Build your strength with added resistance

A full line of resistance cables is available to intensify your workouts.



//// FITNESS CABLES: **SET UP**

TO USE WITH DOOR ATTACHMENT

STEP 1 – Select a sturdy, three-hinged door that locks.

STEP 2 – Always face the side of the door that opens away from you.

STEP 3 – While the door is open, insert the door attachment strap through the exposed space just above one of the hinges, pushing the end with the sewn door stopper through to the other side so it clears the other side of the door. The plastic protector should be on the side of the door that you're on.

STEP 4 – Close and **LOCK THE DOOR**.

STEP 5 – Test the door attachment by giving it a very strong pull using your body weight to ensure that the sewn stopper catches and that the attachment is secure. It should not move at all when you pull it.

STEP 6 – Thread the cables or a handle through the loop and you're ready to begin your workout.

Note: Make sure that when you're working out with the door attachment, the cables engage with the protective plastic sleeve, **NOT** the nylon directly. The protective sleeve prevents the cables from rubbing against the nylon, which can cause premature wear.

WORKING OUT WITH THE DOOR ATTACHMENT

You can position the door attachment near any one of the three hinges on your door. Doing so provides different angles for different workouts and is the most secure way to anchor the Cable System.

STEP 1 – The top hinge angle is perfect for downward movements.

STEP 2 – The center hinge angle is for straight pulling or rowing movements.

STEP 3 – The bottom hinge angle is for upward movements.

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](https://www.sklz.com) for in-depth training and product videos.



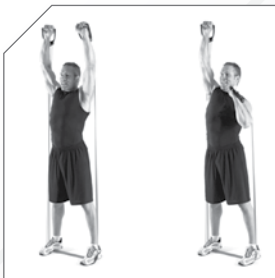
Create your own customized training programs with exclusive online tools.

//// FITNESS CABLES: **EXERCISES**



LUNGE PRESS

- STEP 1 – Take a shoulder width stance with the cable under the arch of your right foot. Bring the handles into the rack position as shown.
- STEP 2 – Keeping your wrists and forearms aligned and pointed at your cheeks, step back into a lunge with your left leg without letting your knee touch the floor.
- STEP 3 – Stand and press as shown. Focus on using slow, controlled movements.



SKY PUNCHES

- STEP 1 – Take a shoulder width stance with the cables under the arches of both feet.
- STEP 2 – Keeping your spine, neck and head aligned with your chest out; raise both handles above your head with straight arms.
- STEP 3 – Maintain this position as you bring one handle down to just above your same side shoulder as shown. Alternate sides and focus on using slow, controlled movements.

BENT OVER ROWS

- STEP 1 – Take a wide stance with the cable under the arches of both feet.
- STEP 2 – Bend from the hips and keep your head, neck and spine aligned with your chest out.
- STEP 3 – Cross handles as shown and row, maintaining your stance and focusing on bringing your shoulder blades together.



FIGHTER CURLS

- STEP 1 – Take a shoulder width stance with the cable under the arches of both feet. Keep your body aligned and chest out.
- STEP 2 – Bring the handles into the rack position (see Lunge Press) and begin by dipping into a quarter squat while dropping your left side handle to your left knee.
- STEP 3 – Curl and stand returning to the starting position as shown.



//// FITNESS CABLES: **EXERCISES**



SQUAT PRESS

- STEP 1 – Face away from your low set cable. Step out 4 to 6 feet and take a shoulder width stance.
- STEP 1 – Bring the handles out in front of you. Keep palms down, and begin your squat keeping your chest out with your head, neck and spine aligned.
- STEP 1 – Reach the bottom of the squat when your elbows touch your knees and stand extending your body and arms as shown. Focus on using slow, controlled movements.



LOG LIFTS

- STEP 1 – Face your low set cable, back up 4 to 6 feet and take a shoulder width stance.
- STEP 2 – From a quarter squat, reach out and align your arms with the cables, palms facing up.
- STEP 3 – Stand and arch your back as you curl the cables up above your shoulders. Focus on expanding your posture and extending your spine and neck at the top of your lift.

SHOT PUTS

STEP 1 – Take a wide stance with the cable under the arches of both feet. Bend from the hips and keep your head, neck and spine aligned with your chest out.

STEP 2 – Cross handles as shown and row. Maintain your stance and focus on bringing your shoulder blades together.

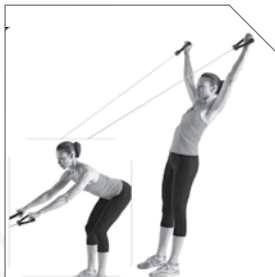


STAR EXTENSIONS

STEP 1 – Face your low set cable, back up 3 to 5 feet and take a shoulder width stance.

STEP 1 – From a quarter squat, reach out and align your arms with the cables. Palms should face down as shown.

STEP 1 – Keep your arms straight as you bring them up while you stand and arch your back to form a “Y”. Focus on expanding your posture and using slow, controlled movements.



90-DAY LIMITED WARRANTY – FITNESS CABLES

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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