

PROFESSIONAL GRADE

SKLZ[®]
C H R O M E

POWER WHEEL[™]

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.



What is Functional fitness?

Functional fitness is the cutting-edge 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

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.



//// POWER WHEEL™: PARTS

SCULPT YOUR CORE LIKE NEVER BEFORE WITH THE POWER WHEEL™.

A strong core not only helps improve power and balance, it can also help decrease the likelihood of injuries. The Power Wheel™ was named "Best Core Trainer" in a UC Berkeley study. The Power Wheel delivers a series of intense exercises that will challenge your abs, obliques, back, hips and glutes. You'll even see (and feel) the effects on your chest, arms, hamstrings and calves.



- « "L" Wrenches (2)
(Not Shown)
- « Metal Axle Collars (2)
- « Mounting Screws (4)

- « Rubber Heel Attachments (2)
- « Foam Cushion Handles (2)
- « Axle
- « Adjustable Foot Straps (2)
- « Foot pedals (2)
- « Durable Indoor/Outdoor Wheel

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.skz.com) for in-depth training and product videos.



Create your own customized training programs with exclusive online tools.

//// POWER WHEEL™: ASSEMBLY

HOW TO ASSEMBLE THE POWER WHEEL™

STEP 1 – Loosen and remove the metal collar (furthest from the foot pedal) from the metal axle shaft.

STEP 2 – Slide the wheel on to the metal axle shaft until stopped by metal collar.

STEP 3 – Place the loose collar back onto axle and slide it all the way against the wheel and tighten it with the 1/8-inch L wrench (the smaller one).

STEP 4 – Slide on the loose pedal until the lug is 0 to 5/8-inch from the collar. (It should look the same as the pre-assembled pedal.)

STEP 5 – Ensure the rubber ankle loop is positioned the same way as the pre-assembled ankle loop.

STEP 6 – Slide on the foam grip and plastic axle endcap.

STEP 7 – Check the side you assembled. It should look like the side that comes pre-assembled. The axle should be symmetrical. If this is not done properly your Power Wheel will not work as intended.



HOW TO ATTACH TO FEET

STEP 1 – From a seated position, place the Power Wheel on its side. Then, place your right foot into the right loop of the adjustable foot strap so that it is centered on the foot pedal.

STEP 2 – Tighten velcro foot strap so it fits tightly around the center of your shoe.

STEP 3 – Repeat this step with your other foot.

STEP 4 – Pull the rubber ankle loops up over the back of your shoes. They should catch the back of your shoe and rest against the back of your ankle.

Note: The rubber ankle loops do not need to be used unless facing up. You may also find that pointing your toes makes the use of the ankle loops unnecessary—even when facing up.

STEP 5 – You should now be strapped in and ready to begin.





WARNING

The face down positions rely heavily on your lower back muscles. Always consult your physician before undertaking any exercise program. Do not attempt this or the hand use exercise unless approved by your doctor and you are able to do the face up exercises for more than one minute without stopping.

FACING UP

EXERCISE STEPS:

- STEP 1 – Lay flat on your back; raise your buttocks off the ground.
- STEP 2 – Slowly pull your feet in until the wheel touches your buttocks then slowly let it back out.

TRAINING TIP:

Repeat no more than 20 times during first use.

Gradually build your strength using this exercise before doing any face down exercises or overdoing face up exercises. The Power Wheel is an extremely effective tool because the instability forces many stabilizing core and leg muscles to support your movements.

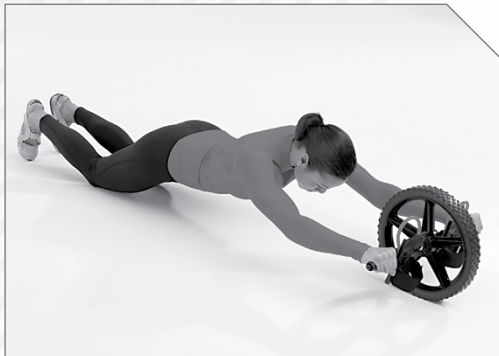
FACING DOWN 1

EXERCISE STEPS:

- STEP 1 – Flip over and get into a kneeling push-up position
- STEP 2 – In a slow, controlled fashion, raise your knees and straighten your legs so you are in a full “from toes” push-up position.
- STEP 3 – Ensure your head, neck, back and legs are kept in a straight line.
- STEP 4 – Slowly bring your knees in under you until the wheel nearly touches your buttocks. Make sure your head, neck and back stay aligned. If you are sagging or arching your back, continue working on facing up exercises.
- STEP 5 – Slowly straighten back to starting position and repeat.

TRAINING TIP:

Repeat no more than 20 times during first use.



Handle use

1. Most people are familiar with a standard ab wheel. The Power Wheel can be used this way as well.
2. When using the Power Wheel handles, always place a thick pad beneath you. This is an advanced Power Wheel exercise. Build up to it gradually.
3. From your knees, hold the Power Wheel under you and roll it out SLOWLY.



FACING DOWN 2

EXERCISE STEPS:

STEP 1 – From the “from toes” push-up position, take a SMALL “step” with one hand and then the other. The wheel will roll forward with you.

STEP 2 – You’ll notice that when you pick up your hand, your body will want to fall or lean in that direction. In order to perform this move without falling, your entire body will have to stabilize on your other hand.

TRAINING TIP:

Begin with small “steps” going both forward and backward only a short distance.

As you become stronger, you will be able to reach further and cover larger distances. For outdoor use, once you are ready, try our 100-Yard Power Wheel Challenge: See if you can go 100 yards without stopping or falling!

FACING DOWN 3

EXERCISE STEPS:

- STEP 1 – From the “from toes” push-up position, fold yourself in half by raising your buttocks straight up and hinging at your hips.
- STEP 2 – The Power Wheel™ will slowly roll towards you as you raise your buttocks.
- STEP 3 – Your back, neck and head should stay straight as should your legs.
- STEP 4 – This is a very challenging movement so build up to it gradually.
- STEP 5 – Only roll out as far as you are comfortable going.
- STEP 6 – Slowly roll back and repeat.



90-DAY LIMITED WARRANTY – POWER WHEEL™

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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