

HOW TO INSERT A BALL INTO THE POWERCORD PRO RUGBY TRAINER

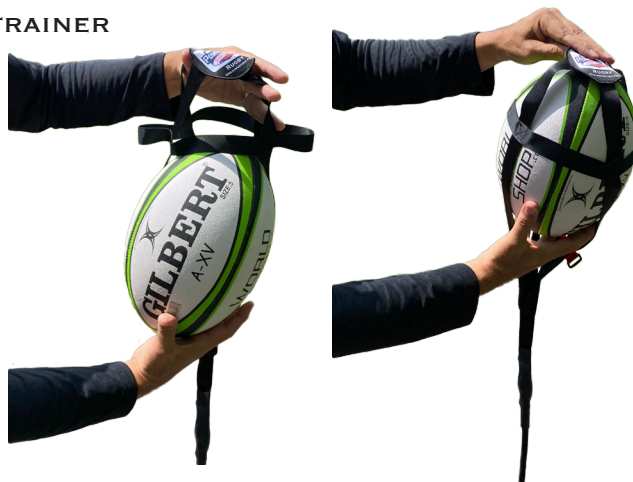
1

FIND THE OPENING IN THE BALL WEBBING
BY LOCATING THE LOOSE NYLON STRAP
(THE ONE NOT ATTACHED TO THE COLORED CINCH STRAP)



2

SLIDE THE BALL INTO THE WEBBING AT THIS
OPENING, PUSHING THE TIP OF THE BALL
SNUGGLY AGAINST THE ROUND TOP OF THE
TRAINER



3

GRAB THE COLORED CINCH STRAP AND INSERT THE END INTO THE ATTACHED BUCKLE
AND PULL THE CINCH STRAP BACK ONTO ITSELF AND SECURE



4

THATS IT! YOU'RE READY TO USE THE
POWERCORD PRO RUGBY TRAINER

