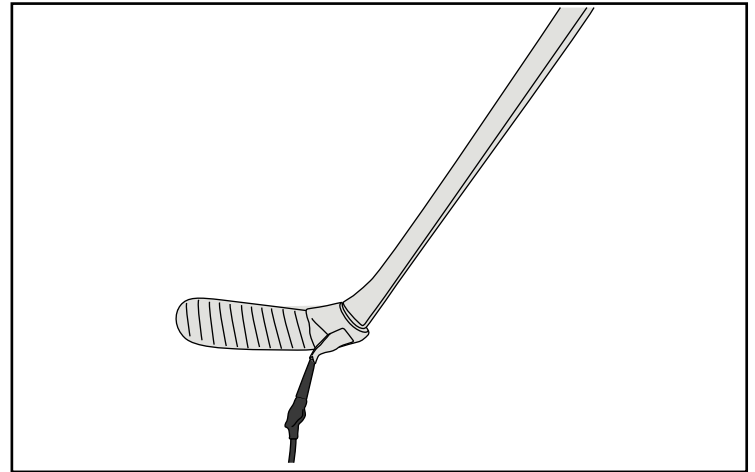
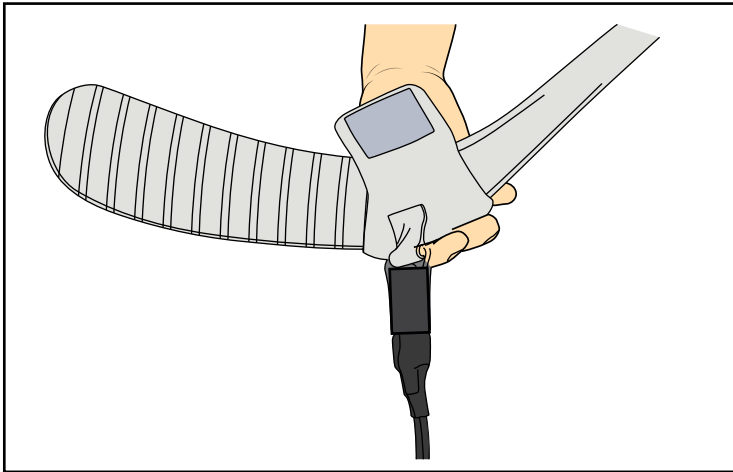


USER MANUAL

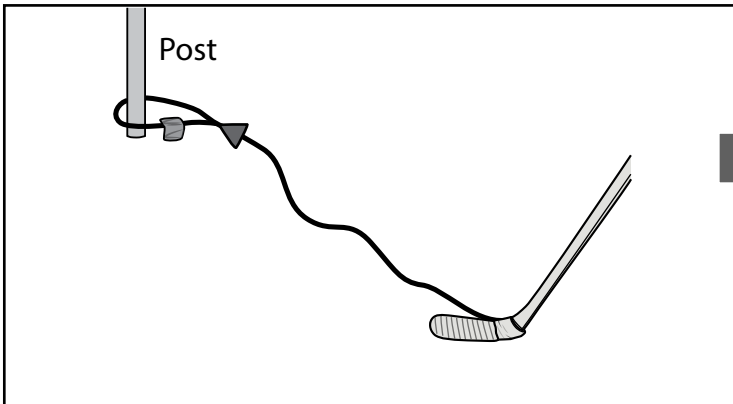


ATTACHING PowerCord Pro

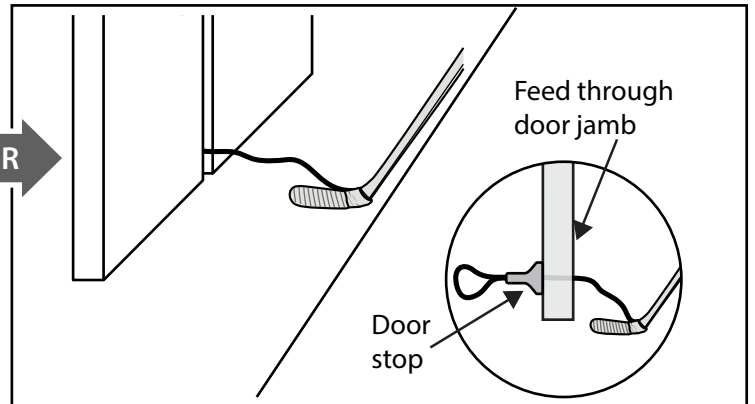
Place the Stick Wrap on either side of the blade with the heel in the bottom pouch of Stick Wrap, and wrap the upper portion over the blade and press to secure stick wrap to the blade.



How it attaches the other end to a fixed point:

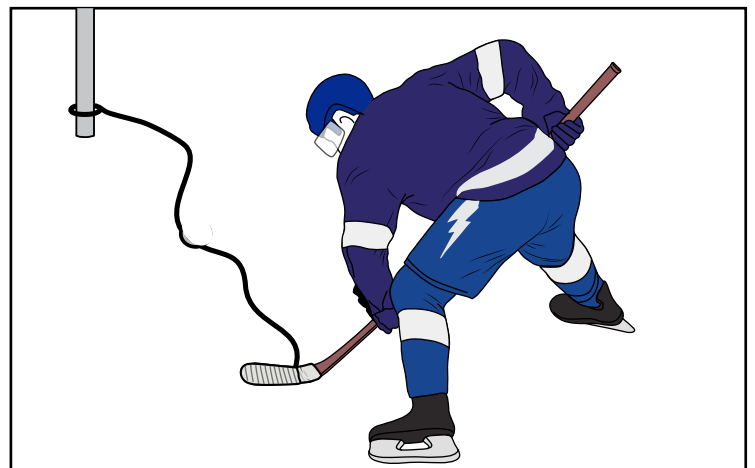


OR



Ways to use PowerCord Pro:

- 1** FACEOFF DEVELOPMENT. With PowerCord Pro attached to either the front or back of the stick blade, get into a face off position, and either pull or push your stick to simulate taking a face off.



2

PUCK BATTLE DEVELOPMENT.

With PowerCord Pro attached to the back of the stick blade, push your stick forward to work on your strength in clearing pucks away from another player.



3

WRIST SHOT & WRIST STRENGTH

DEVELOPMENT. With PowerCord Pro attached to the back of the stick blade, simulate taking a wrist shot repeatedly. From the same set-up, push your stick forward using ONLY your lower wrist to develop and strengthen your wrist.



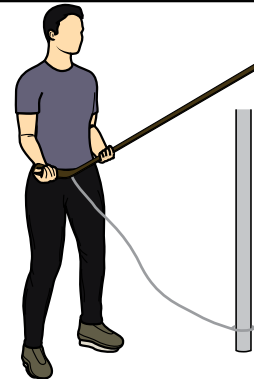
4

PowerCord Pro STRENGTH AND CONDITIONING WORKOUTS:

BICEPS (ARM CURLS): From a standing or sitting position, the user holds their hockey stick close to where PowerCord Pro attaches, and curls their arms at the elbows raising their hands to their chest repeatedly.



WRIST CURLS: From a standing or sitting position, the user holds their hockey stick close to where PowerCord Pro attaches, and curls their wrists up and down repeatedly.



TRICEPS: From a standing or sitting position, the user faces away from PowerCord Pro and holds their hockey stick close to where PowerCord Pro attaches. With your hands above your head, curl your arms at the elbows raising your hands over your head repeatedly.

