

## QUICKSTART. CRICKET PRECISE-2020

### PART 1: SIZING

ROM2 - 2020 model. Anchoring the Exoprecise for upward movement, above the shoulders. Use for cricket batting, fielding, fast bowling and warm-up exercises. IMPORTANT! FOR BEST PERFORMANCE SIZE, AND FIT CORRECTLY.



SLIDE



Pull the material out of the buckle. Adjust the size for a tight fit, directly above the elbows.



STRETCH AND SLIDE YOUR HAND INSIDE THE CIRCLE



PLACE AT THE BOTTOM OF BICEP AND CHECK SIZE

Slide, both ROM1 Stabilizers (yellow armbands), making room to re-size.

Stretch and slide your hand inside the armband. Generally, a snug fit around the wrist is a perfect size.

Slide up the arm, place above the elbow; check for a tight fit.



To size, pinch & pull the material out of the clip. Players with big arms/chest, size a looser fit around the waist, tighter for players with small arms/chest.



SLIDE CLIP

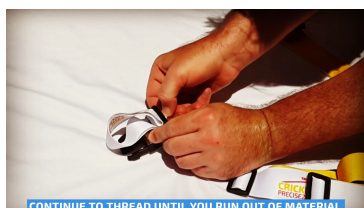


THREAD EXTRA MATERIAL

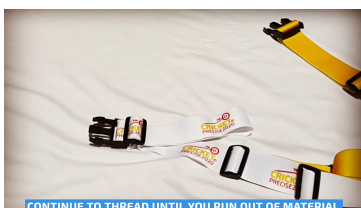


THREAD EXTRA MATERIAL

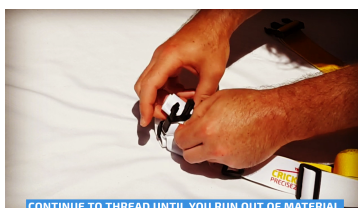
After correct sizing, thread the material under the first gap in the buckle and pull it through.



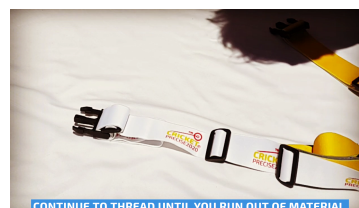
CONTINUE TO THREAD UNTIL YOU RUN OUT OF MATERIAL



CONTINUE TO THREAD UNTIL YOU RUN OUT OF MATERIAL



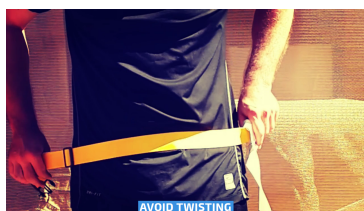
CONTINUE TO THREAD UNTIL YOU RUN OUT OF MATERIAL



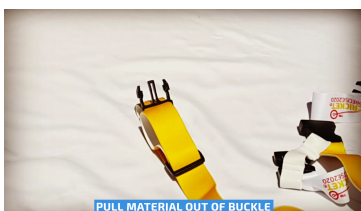
CONTINUE TO THREAD UNTIL YOU RUN OUT OF MATERIAL

Continue threading the material under the second space in the buckle, and pull it through.

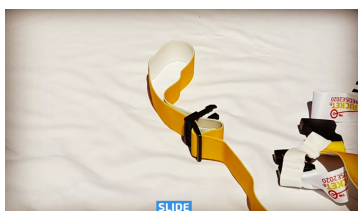
\*Optional. If there's enough material, thread again, through the gap in the clip.



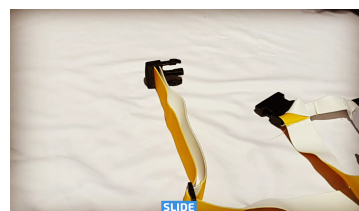
AVOID TWISTING



PULL MATERIAL OUT OF BUCKLE



SLIDE



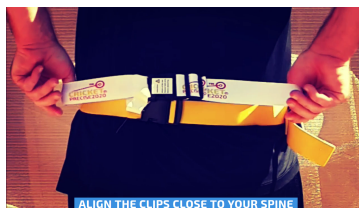
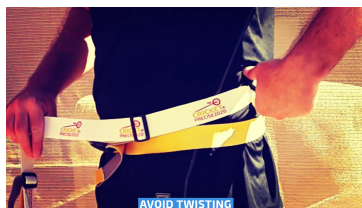
SLIDE

Size the yellow anchoring band for a tight fit around your waist.



## QUICKSTART

### PART 2: WEARING

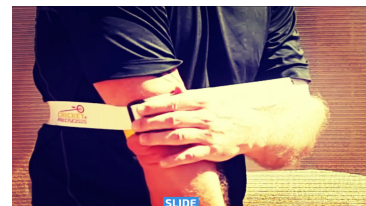


Clip in around your waist. Double check for twisting.

\*Important! For best performance align the clip-in attachment to your spine.

Slide, and align both ROM1 Stabilizers (yellow armbands) to your outer hips.

### Inserting the arms



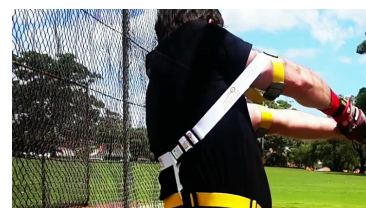
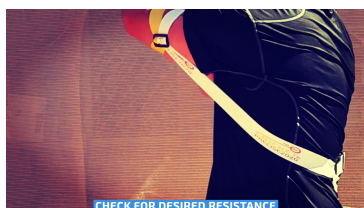
Pull the buckle downward, aligning to sit on your tricep.

Stretch a hole, sliding your hand inside.

Placing above your elbow, check for twisting. Repeat the steps, and insert the other arm.

Slide, and align the small buckles to the side of your arm.

### Cross-check, and use with any drill!



Raise your arm, checking resistance; adjust size if there's too much pull. Check for proper sizing, fitting, resistance, and range of motion.

With correct sizing, you can practice as usual. Remove either arm for isolation drills. Increase resistance to improve rotation, and fix a long swing.

### Removing



To avoid recoil, remove both arms before detaching.

Detach from behind.

### Troubleshooting

**THE DEVICE IS RIDING UP THE BODY?** Reduce the size of the ROM1 Stabilizers (yellow armbands), to tighten; checking for the proper fit, directly above the elbows.  
**PULLING/BUNCHING ON THE ARMS?** Increase the size of the Exoprecise (white band).  
**MAINTENANCE:** After use, pull and slide the armbands to reduce bunching of the material. Place in a delicates washing bag. Machine wash in cold water. Drip dry, do not wring, twist, tumble dry, bleach or dry in direct sunlight.

### Product Information

#### Usage

#### Sizing

#### Age and Skill Recommendations

#### Material

Cricket batting, bowling and fielding.

Adjustable to comfortably fit all sizes.

Suitable for ages 8 and up, and all skill levels. \*Adult supervision required for children 16 years old and under.

Patented Exoprecise resistance technology, latex free product.

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