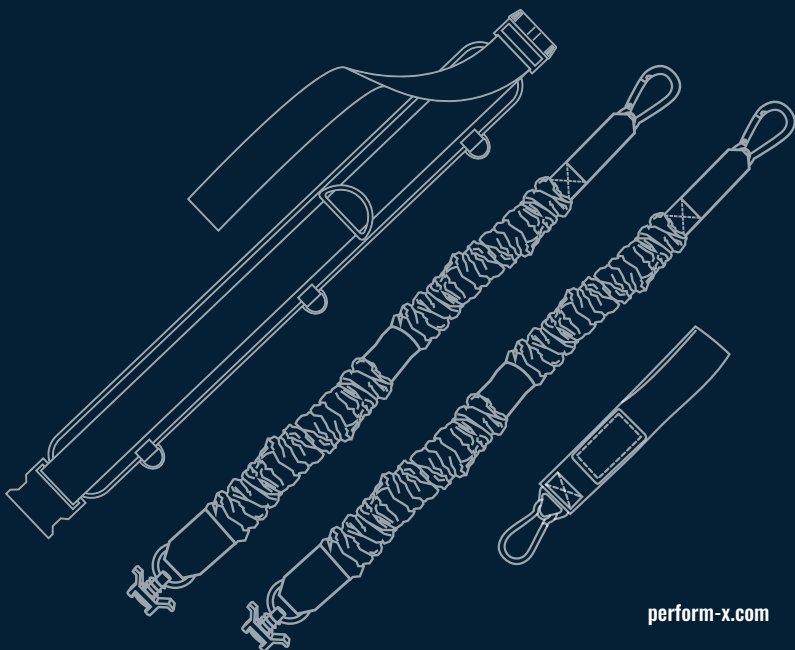


PERFORMX

SPEED-X

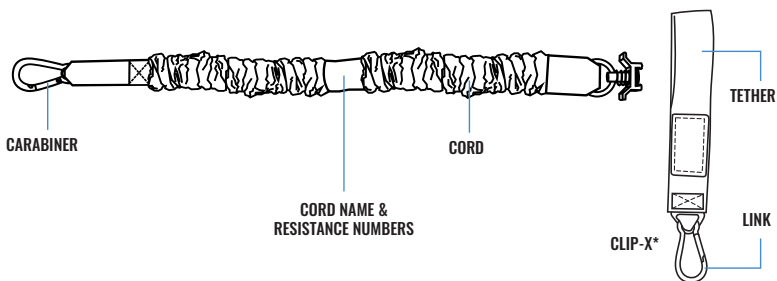
LOWER BODY SYSTEM

PRODUCT GUIDE



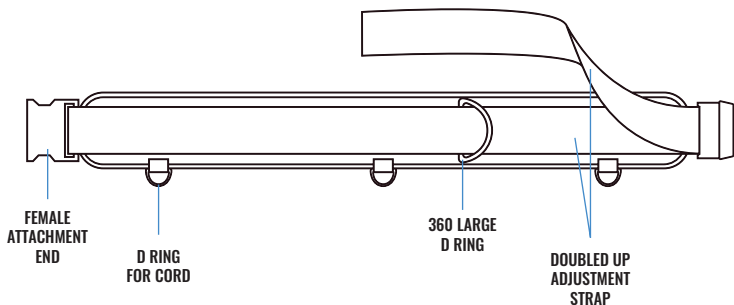
perform-x.com

SPEED-X 5' CORD & HANDLE BREAKDOWN



* See reverse side for SPEED-X handle with link attachment instructions
See reverse side for CLIP-X anchoring instructions

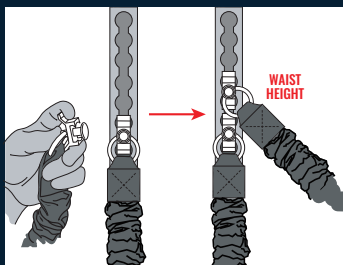
BELT-X BREAKDOWN



SCAN FOR SETUP + USE

PRODUCT SETUP DETAILS

ATTACHING THE SET OF SPEED-X CORDS TO TRAK-X



STEP 1

Clip in the CLIP-X ends of the SPEED-X Cords into the TRAK-X mounted vertically on the wall.

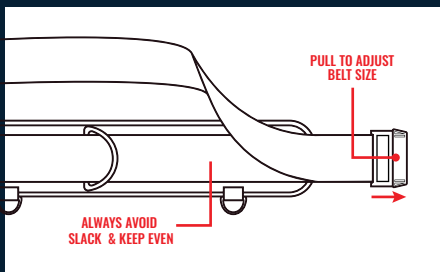
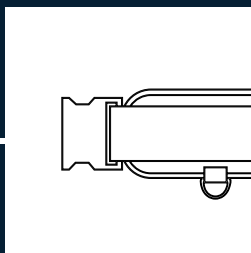
STEP 2

When attaching CLIP-X put each one next to each other at waist height of the user.

FASTENING BELT-X

STEP 1

Hold BELT-X in left hand holding Female Attachment End.



STEP 2

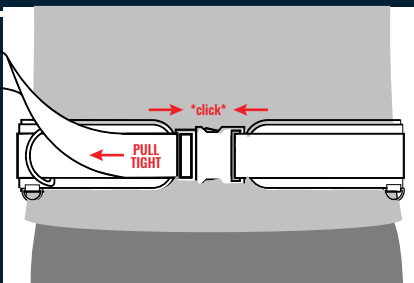
With your right hand, pull Male Attachment End as needed to make sure Doubled Up Adjustable Strap feeds EVENLY through that end.

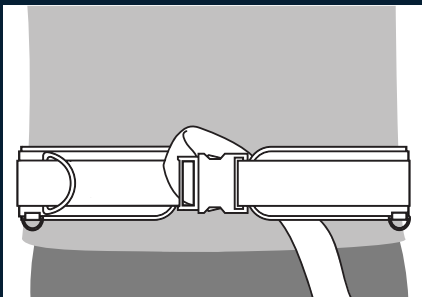
STEP 3

With D Rings on BELT-X facing down toward the ground, put BELT-X around waist and clip ends together.

Adjust as needed by lifting and pulling Male Attachment End. Make sure Doubled Up Adjustable Strap still stays even.

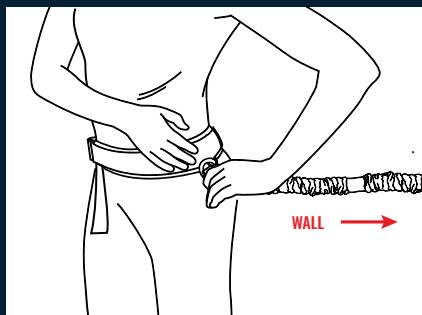
Tighten BELT-X by EVENLY pulling Doubled Up Adjustable Strap.





STEP 4

IMPORTANT STEP – When tight, pull Doubled Up Adjustable Strap aggressively upwards and back behind buckle to bind up loose end behind buckle. Then tuck that end to the left of buckle for maximum hold.



ATTACHING SPEED-X CORDS TO BELT-X

STEP 1

With BELT-X on, connect one SPEED-X 5' Cord by carabiner to one D-Ring on the side of the BELT-X. Connect the other SPEED-X 5' Cord by carabiner to the D-Ring on the opposite side of BELT-X

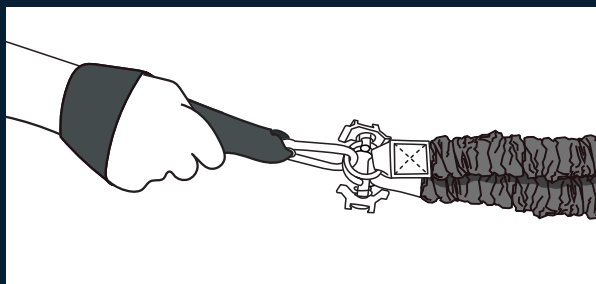


STEP 2

Move out away from wall TRAK-X with cords taut to start movements.

FINAL POSITION

ADDING SPEED-X HANDLE TO SPEED-X 5' CORDS FOR FIELD OR COURT USE



STEP 1

Attach SPEED-X handle with link to CLIP-X ends of SPEED-X 5' Cords.

STEP 2

Have partner insert hand through tether of SPEED-X handle and grip tether to hold.

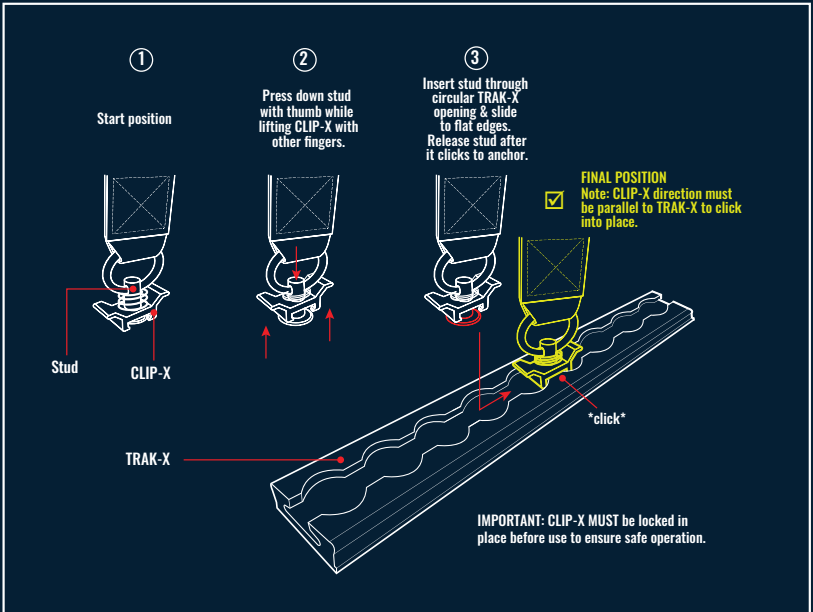
NOTE: Partner hand must be through tether to prevent SPEED-X Lower Body System from slipping out of hand.

SPEED-X 5' CORD RESISTANCE CHART (SET OF 2 CORDS)

RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE (LBS)
SUPER LIGHT	8 LBS	5-10 LBS
EXTRA LIGHT	15 LBS	10-20 LBS
LIGHT	30 LBS	20-40 LBS
MEDIUM	45 LBS	30-60 LBS
HEAVY	60 LBS	40-80 LBS
EXTRA HEAVY	75 LBS	50-100 LBS
ULTIMATE	90 LBS	60-120 LBS

PERFORM-X ADVANTAGE

HOW TO SECURE CLIP-X



PERFORM-X TRAINING SYSTEMS LIMITED WARRANTY

The Cord products are warranted for one year to be without defect in material or workmanship. Buyer acknowledges that Perform-X does not manufacture specific raw Cord. If there is a covered defect, Perform-X will: (i) at Perform-X's election, replace the defective Cord; (ii) customer is responsible for the cost of transporting defective Cord to Perform-X. Perform-X will return the replacement Cord to Buyer if actual cord received is deemed defective; Buyer must notify Perform-X of any defect in replacement Cord within a period of ninety (90) days after the Cord is received or it will be deemed to be without defect.

The limited warranties in this Section do not cover any defects or costs caused by: (i) modification, alteration, repair, or installation (ii) physical abuse to, or misuse of, the Cord or operation thereof; or (iii) any use of the Cord other than that for which it was intended. This warranty also excludes all costs arising from routine cleaning maintenance. Perform-X reserves the right to modify, alter or improve the Cord, or parts thereof, at any time without incurring an obligation to modify, alter, improve or replace the Cord, or parts thereof, previously sold.

EXCEPT AS EXPRESSLY PROVIDED IN THIS SECTION 2, (i) PERFORM-X MAKES NO PROMISE OR WARRANTY, EXPRESS OR IMPLIED, WITH RESPECT TO CORD, (ii) PERFORM-X WILL HAVE NO OTHER OBLIGATION OR LIABILITY TO BUYER WITH RESPECT TO ANY DEFECT IN CORD OR ANY NON-CONFORMITY TO THE SPECIFICATIONS OR ANY DAMAGE TO OR CONDITION OF THE CORD OR THE USE OF THE CORD AND (iii) BUYER WILL HAVE NO OTHER REMEDIES IN RESPECT OF SUCH DEFECT, NON-CONFORMITY,

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