

THE

BRONKO BELT RTI



*HOCKEY'S HIGH PERFORMANCE
WEIGHTED TRAINING BELT*



www.BronkoHockey.com



USER GUIDE



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US Patent #7931569

Introduction

The Bronko Belt RTI is the first and only weighted training belt specifically designed for hockey players. It is a simple and effective way for players to develop the leg and core muscles used during skating.

The Belt comfortably distributes an adjustable amount of training weight evenly around a player's center of gravity without compromising that player's ability to skate, shoot or stickhandle. Players wear the Belt over their pants during a portion of practice and are able to execute skills with full range of motion. Depending on the type of training done, players can experience improvement in a number of areas that will positively impact on-ice performance.

Note: Please read through this User Guide carefully and completely before attempting to use the Bronko Belt RTI. Make sure to read the section *Protection Guidelines* regarding safety issues related to using the Bronko Belt RTI before beginning training.

Intended Use

The Bronko Belt RTI is intended only for users over the age of 9 who adequately fulfill the size requirements outlined in the Sizing Chart (see below). Only those players with at least 3 years skating experience should attempt to train with the Bronko Belt RTI. The Bronko Belt RTI is intended to be worn on the exterior of the hockey pants commonly worn during hockey and only during on ice practice sessions.

Protection Guidelines

Warning!

Hockey is a rough sport. By taking part in the sport you are accepting a certain degree of risk of injury. Risk of injury can be lessened when safe technique and common sense are practiced.

This training device is not intended as protective equipment. While this training device has been designed to work with the protective pants commonly worn during hockey so as to minimize the risk of injury, injury may still occur. Following the instructions laid out in this User Guide will minimize the risk of injury while using the training device but may not eliminate the risk.

Do not use the training device during hockey games. Do not wear the training device during training sessions when substantial body contact is likely to occur. Only use this training device on the exterior of the protective pants worn during hockey as outlined in the section *Wearing the Belt*. Do not use this training device with hockey pants which do not contain proper padding for hip and kidney protection. When not in use, remove the belt and/or any of its components from the ice surface.

Do not use the training device in any other way than what it is designed for. Do not make any changes to the training device. Check before use that the training device is not damaged in any way which might cause the training device to operate incorrectly.

Check before use that the protective pants you are wearing have not been altered or damaged in any way which might cause the protective pants to operate incorrectly. Do not use the training device if the protective pants you are wearing have been altered or damaged.

Fitness training can result in serious or fatal injury. Consult with your physician before beginning this or any exercise program.

Fitting

Make sure the protective pants worn during use have been properly fitted and that any tighteners are appropriately fastened. Make sure the training device, including all its components, stays securely fastened to the protective pants during use. Discontinue use if the training device becomes detached, either wholly or partially, from the protective pants. The belt should not bounce, shake or otherwise move on the hips of the user if it has been properly fitted.

Maintenance and Life Span

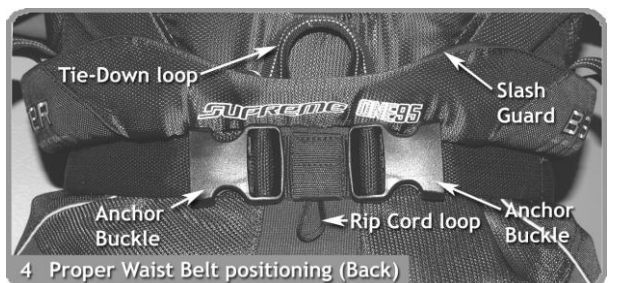
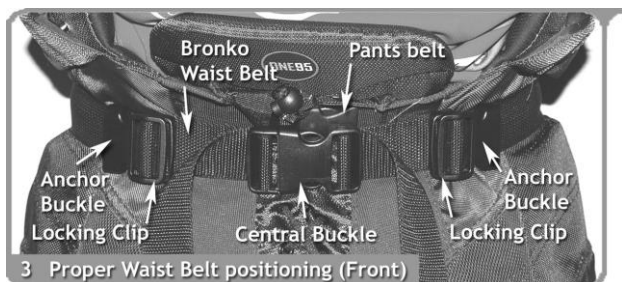
Dry the training device after use. Make sure temperatures do not exceed 50 degrees Celsius. Wash by hand with mild soap and water solution when necessary. Inspect the product, and all its components, regularly and ensure that it is intact and undamaged. A damaged training device must be discarded and new one purchased.

Sizing Chart

Choose the correct size as outlined below:

Bronko Belt RTI Size	Waist Size	Height
Large / Adult	32" – 38" (81 cm – 96 cm)	5' 6" – 6' 6" (167 cm – 198 cm)
Small / Youth	28" – 32" (71 cm – 81 cm)	4' 6" – 5' 6" (137 cm – 167 cm)

Wearing the Belt



Package Contents

Each Bronko Belt RTI includes the following:

- 1 Waist Belt
- 2 Weight Packs
- Training Weight (Large size comes with 8 lbs. Training Weight. Small size comes with 4 lbs. Training Weight.) (See IMAGE 1. Training Weight for Large size shown)

Getting Started

- Put on your skates and protective equipment (except helmet and gloves). Fasten your pants securely.
- Temporarily tuck your jersey into your pants to make putting on the Bronko Belt RTI easier. (See IMAGE 2)

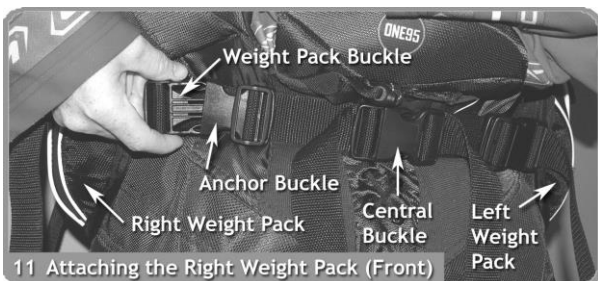
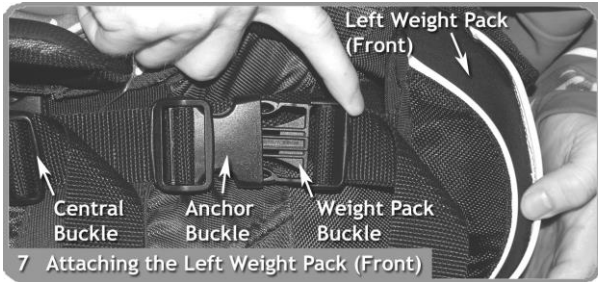
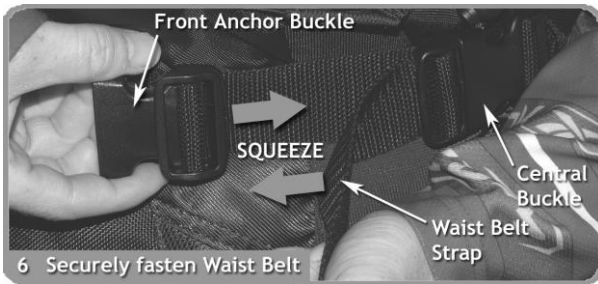
Putting The Bronko Belt On

STEP 1: Securely fasten the Bronko Waist Belt around your waist:

- On the exterior of your hockey pants and on top of the belt built into your hockey pants (See IMAGE 3)
- With the central buckle centered in the front and both front anchor buckles approximately 1" from the central buckle
- With the Rip Cord loop centered in the back and facing downwards. (See IMAGE 4)

Tips:

- ✓ If your hockey pants have a slash guard (an extra layer of padding covering the belt in your hockey pants) try to position the Bronko Waist Belt slightly below the slash guard. (See IMAGE 4) This will help ensure a snug fit and help prevent the Bronko Belt RTI from moving during use.
- ✓ When necessary, adjust the position of each anchor buckle on the front of the belt by lifting the locking clip resting on each buckle and sliding the buckle into the desired position. (See IMAGE 5) Each anchor buckle will lock in place automatically when the belt is pulled tight. Once the anchor buckles are properly positioned, you



can put the belt back on again and continue.

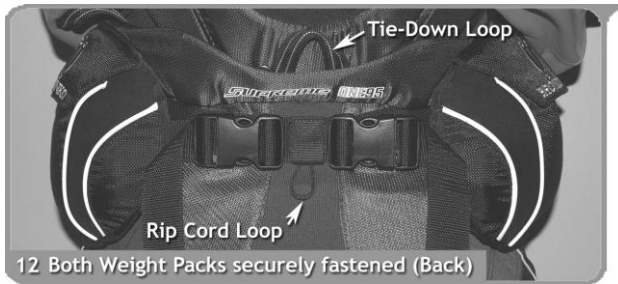
- ✓ When tightening the Waist Belt around your waist, don't pull both straps at the same time. Grab the *right* strap with your *left* hand and the front right anchor buckle with your other hand. Squeeze your hands towards each other to achieve a snug fit. (See IMAGE 6) Repeat this procedure on the other side in reverse.

STEP 2: Connect both Weight Packs to the Waist Belt

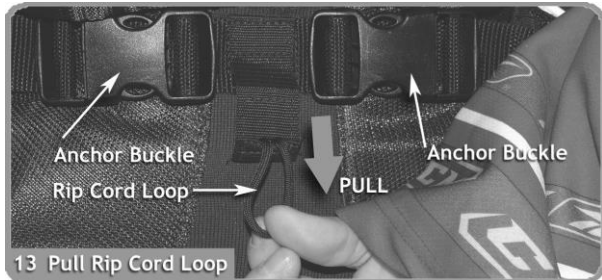
- Check the label on the back of each Weight Pack to see whether it goes on the left or right side of the Waist Belt.
- Fasten the buckles of the left Weight Pack to the two anchor buckles on the Waist Belt on your left side (one in front, one in back). (See IMAGES 7, 8)
- Pull the straps hanging from the left Weight Pack to adjust how far forward or backwards the Weight Pack sits on your hip. (See IMAGES 9,10) Pulling the straps will also tighten the fit of the Weight Pack on the Waist Belt so it can't move on your hip.
- Attach, position and tighten the right Weight Pack on the other side of the Waist Belt. (See IMAGE 11)

Tips:

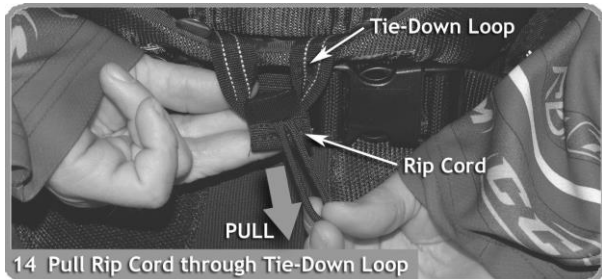
- ✓ To position the left Weight Pack further forward on your hip place your *left* hand on the Weight Pack itself, take the *front* strap of the Weight Pack in your right hand and then squeeze your hands towards each other. (See IMAGE 9)
- ✓ To position the left Weight Pack further back on your hip place your *right* hand on the Weight Pack itself, take the *back* strap of the Weight Pack in your left hand, and then squeeze your hands towards each other. (See IMAGE 10)
- ✓ You can adjust the positioning of the right Weight Pack in the same way by reversing the placement of your hands.
- ✓ Make sure each Weight Pack rests on the kidney pads and hip pads in your pants.



12 Both Weight Packs securely fastened (Back)



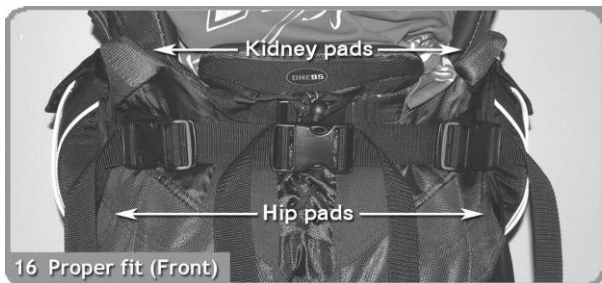
13 Pull Rip Cord Loop



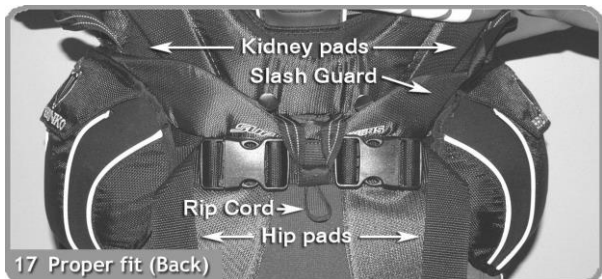
14 Pull Rip Cord through Tie-Down Loop



15 Tuck Rip Cord under Waist Belt again



16 Proper fit (Front)



17 Proper fit (Back)

STEP 3: Lock the Waist Belt to your pants to keep it in place.

- Use the Rip Cord which is located between the anchor buckles at the back of the belt (See IMAGE 12) to lock the Waist Belt in position on your pants.
- Pull on the loop at the end of the Rip Cord to loosen the Rip Cord from the Waist Belt. (See IMAGE 13)
- Pass the Rip Cord through the Tie-Down loop on the back of your hockey pants. (See IMAGE 14)
- Once through the Tie-Down loop, pull the Rip Cord down and reattach it to the *underside* of the Waist Belt where it was originally fastened. (See IMAGE 15)
- Leave the Rip Cord Loop hanging below the Waist Belt so it's easily accessible when you want to take off the Bronko Belt RTI.

Tips:

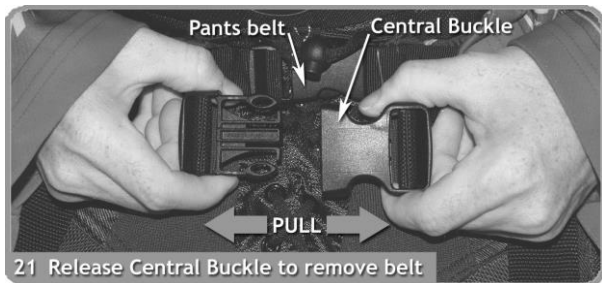
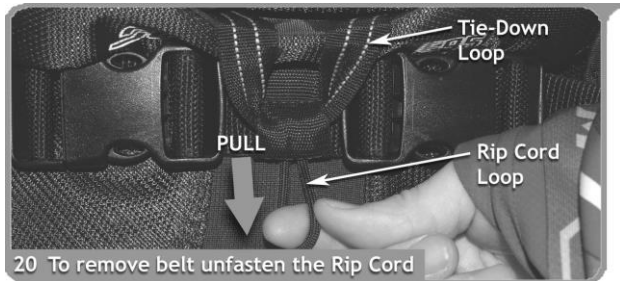
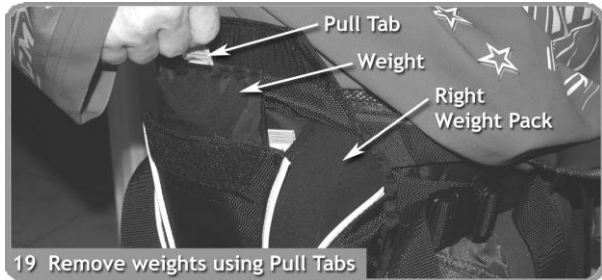
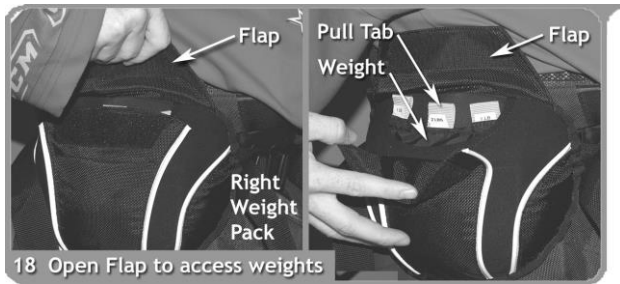
- ✓ Pull the Rip Cord down as far as you can once it's passed through the Tie-Down loop on the back of your pants before reattaching it to the underside of the Waist Belt. A tight fit will help prevent the Belt from moving during use.
- ✓ When reattaching the Rip Cord to the Belt use one hand to lift the Waist Belt slightly and the other hand to slide the Rip Cord underneath.

The Proper Fit

- When properly fitted the Weight Packs of the Bronko Belt RTI should rest securely on the kidney pads and hip pads on either side of your pants. (See IMAGES 16, 17)
- The Weight Packs should not bounce or shift on your waist while you skate.
- The Waist Belt should stay in position around your waist under the slash guard while you skate. (See IMAGE 17)
- Your skating stride and upper body movements should be unaffected by wearing the Bronko Belt RTI.

Tips

- ✓ Always use the Rip Cord to lock the Waist Belt in position on your pants (See IMAGE 17)
- ✓ When the belt is fitted properly, untuck your jersey, put on your helmet and gloves and start training.



Adjusting the Amount of Training Weight

- Each Bronko Belt RTI comes with removable training weight. (4 lbs in each Weight Pack for the Large size. 2lbs in each Weight Pack for the Small size.) The amount of each weight is indicated on the pull tab.
- Pull up on the Flap of each Weight Pack to access the weights. (See IMAGE 18)
- Grab the pull tabs fastened to each of the weights to remove them from the Weight Pack. (see IMAGE 19)

Tips

- ✓ Once you've selected the appropriate amount of training weight close the flap securely so the weights cannot fall out.
- ✓ Removing each Weight Pack's center weight first allows easier access to the weights on either side.

Taking the Belt off

- Pull the Rip Cord loop downwards (see IMAGE 20) and then pull the Rip Cord out of the Tie-Down loop attached to the back of your pants.
- Release the central buckle at the front of the Waist Belt to remove the Belt from your pants completely. (See IMAGE 21)

Tips

- ✓ Alternatively, you can release each buckle of each Weight Pack in order to remove both Weight Packs from the Waist Belt and leave the Waist Belt in place. This option is useful if you plan on using the Bronko Belt RTI again later in practice. Simply reattach both Weight Packs and secure them in place to continue training with the Weight Packs on.

Choosing the right amount of Training Weight for you

- The amount of weight you use will depend on your age, size, fitness level and training goals.
- The following are provided as guidelines only:

Level (Approx. age)	Total Training Weight
Professional (18+)	6-8 lbs
Junior (14+)	4-6 lbs
Youth (9+)	2-4 lbs

Training duration and types of training drills

- The amount of time you train with the belt during practice will depend on your training goals.
- Choose training drills which target the elements of your skating that you'd like to improve. For example, your speed, agility or endurance.

Tips:

- ✓ Always warm up sufficiently before using the Bronko Belt RTI
- ✓ Use the Belt for shorter durations when training for speed, quickness or agility
- ✓ Use the Belt for longer durations when training for endurance
- ✓ Visit www.BronkoHockey.com for drill ideas and tips on how to get the most out of your training

Troubleshooting

- If the Belt is interfering with your skating stride:
 - ✓ Adjust the positioning of the Weight Packs (using the Weight Pack straps) so they sit further back on your hips. This will give you greater range of motion when driving your legs forward to take the next stride.
- If the Weight Packs bounce/move while you are skating:
 - ✓ Use the Weight Pack straps to tighten the fit of the Weight Packs on your hips. The Weight Packs should press into the padding of your pants. Also, make sure the Waist Belt is fastened securely.
 - ✓ It may be necessary to adjust the position of the front anchor buckles in order to ensure each Weight Pack can be securely fastened to the Waist Belt. Make sure the anchor buckles are approximately 1" from the central buckle once the Waist Belt is fastened securely around your waist.
- If the Belt starts to shift or spin on your waist:
 - ✓ Make sure you've properly fastened the Rip Cord on the back of the Belt to the Tie-Down loop on the back of your pants. Pull the Rip Cord through the Tie-Down loop tightly.
 - ✓ Try tightening the fit of the Weight Packs to the Waist Belt by using the Weight Pack straps.
- If your pants feel like they're sliding down lower than normal when you wear the Belt:
 - ✓ Tighten the belt *of your pants* snugly before putting on the Bronko Waist Belt and Weight Packs.
- If the size or location of the slash guard on your pants is making it difficult to put the Waist Belt on:
 - ✓ Position the Waist Belt underneath the slash guard (but still around your waist) such that the anchor buckles are still accessible. Attach the Weight Packs over top of the slash guard and use the Weight Pack straps to tighten the fit of the Weight Packs on your waist.
- If the Bronko Belt RTI is causing discomfort during use:
 - ✓ Stop training.
 - ✓ Try adjusting the positioning of the Weight Packs further back on your hips to give yourself greater range of motion.
 - ✓ Try adjusting the fit and positioning of the Waist Belt and anchor buckles.
 - ✓ Make sure each Weight Pack rests on top of the kidney pads and hip pads in your pants. If your pants do not have kidney pads and hip pads for some reason, do not use the Bronko Belt RTI.



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