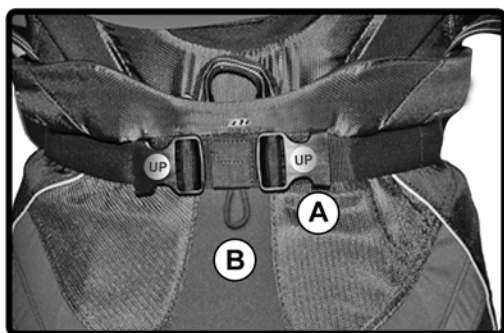
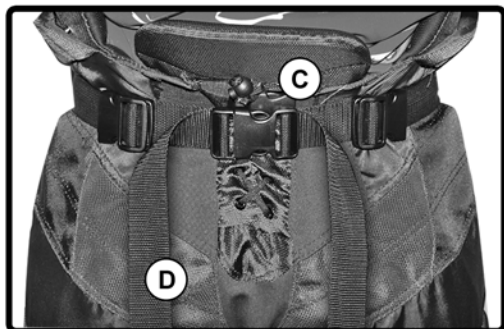


# QUICK START GUIDE



Start using your Bronko Belt in 3 easy steps:

## 1 Waist Belt



## 2 Weight Packs



## 3 Rip Cord



### Notes:

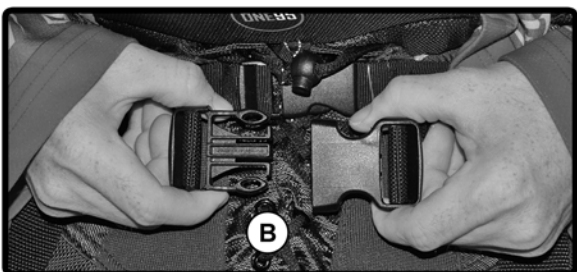
Put on Bronko Belt after all hockey gear except helmet and gloves.

- A** Make sure UP stickers on rear anchor buckles are right-side up.
- B** Position Rip Cord below Tie Down strap on back of hockey pants.
- C** Fasten Waist Belt around waist making sure it's positioned below the belt in your hockey pants.
- D** Pull loose ends of Waist Belt to achieve snug fit around waist.

- E** Fasten the buckles of the Right Weight Pack to the Waist Belt at front and back. Now fasten the Left side.
- F** Pull loose ends of Weight Pack straps to achieve a snug fit. Tighten rear straps first, then front straps.
- G** Use the Rip Cord as shown to fasten the Waist Belt to the Tie Down strap on your pants. This prevents the Bronko Belt from moving during use.
- H** Lift the weight pack flap to access and adjust the amount of training weight.

How to remove the Bronko Belt

## Removing the Belt



### Notes:

The Bronko Belt can be quickly removed from a player's waist:

- A** Pull the Rip Cord loop downwards to unfasten it from the Tie Down strap on pants.
- B** There are three buckles on the front of the Bronko Belt. Unfasten only the center buckle and the Belt will slide off the player's waist as a single unit.
- C** Hang the Bronko Belt over the boards and continue with practice.

## Proper Maintenance



- D** The Belt can remain a single unit once it has been assembled. To wear again simply fasten the Belt around the waist snugly and fasten Rip Cord to hockey pants. Begin practicing.
- E** If the Belt gets tangled simply separate weight packs from waist belt and reconnect properly.
- F** Place your Bronko Belt in the mesh carry bag provided when not in use.



Refer to User Guide for complete instructions on using the Bronko Belt.