

Balance Pro SportBelt™

Improve Your Mechanics & Consistency Today!

The Balance Pro SportBelt is a new golf training aid designed to provide golfers with the swing mechanics needed to reinforce proper weight shift. Within minutes of wearing on the Balance Pro SportBelt you will feel more balanced, focused, and aware of your body mechanics than ever before. If you have any questions and/or feedback you would like to share please send us an email: service@balanceprosportbelt.com.

Instructions

How to secure the Balance Pro SportBelt

- 1) Make sure the strap on the belt is pulled through the plastic slide to ensure the strap is secured.
- 2) Make sure the cam buckle on the belt (CLICKS) into the locked position.
- 3) Securely fasten the Balance Pro SportBelt by adjusting the strap.
- 4) Center the weight of the belt according to the chart below.

Before using your Balance Pro SportBelt practice your motion several times without the belt on.

Tips

- 1) To reinforce proper mechanics practice your motion several times with the belt both on and off.
- 2) Make sure the belt is snug so the belt does not slide during use.
- 3) Hold both sides of the belt when removing the belt.

Balance Pro SportBelt™ Small (Sports Training)

(BPSB 404) Four pound belt for use by athletes 75 - 125 pounds with a waist between 26" to 36".

Balance Pro SportBelt™ Medium (Sports Training)

(BPSB 456) Six pound belt for use by athletes 125 - 175 pounds with a waist between 30" to 40".

Balance Pro SportBelt™ Large (Sports Training)

(BPSB 508) Eight pound belt for use by athletes weighing 175 pounds & up with a waist between 34" to 44".

Sport	How to wear the belt	Uses
Golf	Center the weight of the belt over your back "power" leg.	Warm ups, Driving Range, Practice, and at Home.

For more information regarding flexibility/warm up routines, visit www.balanceprosportbelt.com.

CAUTIONS

1. Make sure to use the proper belt model for your weight and size.
2. Before beginning any exercise or therapy program we recommend that you consult a therapist or physician.
3. Children under the age of 18 should use with adult supervision.
4. Use during practice only, not for use during regular play.
5. Do not use if you have any pre-existing muscular or skeletal problems.
6. Do not use in or around bodies of water such as swimming pools.
7. Do not place in washing machine or dryer.
8. Do not use or store near heat or flames.
9. Do not puncture weight pouches.
10. Use belt only as directed.

In the unlikely event you experience any discomfort discontinue use immediately

With the purchase of every Balance Pro SportBelt we provide a 30 Day Money Back Guarantee. For FAQ's or any further information regarding the Balance Pro SportBelt please visit us online at www.balanceprosportbelt.com.