

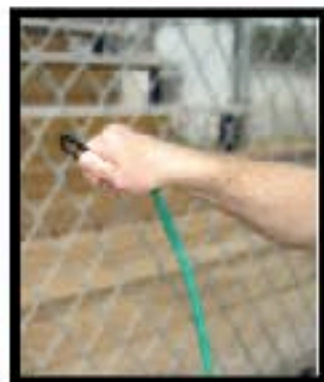
Attaching Racquet Clamp and Spring Snap Link

Slide the Clamp over the racquet shaft and clip the two end holes into the Spring Snap Link. When detaching the clamp, remove only one end from the Snap Link.



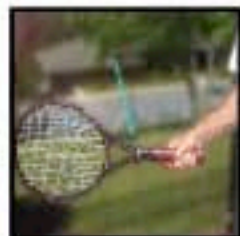
Attaching the Resistance Tube

Clip the tube to the Snap Link and to the chain link fence or Door Hinge Anchor. For the Serve Shot, attach the tube to the fence at a height of approximately six feet or on the upper door hinge (no damage to hinge), and about waist high or the middle hinge for the Forehand and Backhand Shots.



Basic Tennis Exercises

Warming-Up (loosening-up) prior to practice and matches should be done with the PowerArm by repetitions of the three basic tennis shots:



The Forehand



The Serve



The Backhand
(one or two-handed)



With each PowerArm Tennis Set you'll receive:

- ◆ 3 Resistance Tubes
 - 1 - Green - 7-8 lbs Resistance (Light)
 - 1 - Red - 9-10 lbs Resistance (Medium)
 - 1 - Blue - 12 lbs Resistance (Heavy)
- ◆ Spring Snap Link
- ◆ Rubber-Encased Anchor for Door Hinge
- ◆ Rubber Coated Racquet Clamp
- ◆ Backpack



Warming up (Loosening Up) with the PowerArm

Starting with the green tube, move out 2-3 steps to a point where there is resistance in both directions. (Resistance in both directions is essential).



Using a smooth arm motion for each of the three basic shots, perform 15-20 repetitions of each. If this is too easy, move out another 2-3 feet. You should not stretch the tubes more than six (6) feet from the end of the four (4) foot tube. If, at the six (6) foot point, it is still too easy, move up to the red tube or the blue tube as existing strength permits.

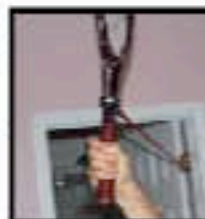


Strength Building Program with the PowerArm

DOOR HINGE ANCHOR - The Anchor permits a year-around inside strength building program by connecting the PowerArm to any interior door hinge and can save court time and instructor fees.



STRENGTH PROGRAM - It is suggested that you begin your strength program with:



- One (1) set of 15-20 repetitions of the three basic tennis shots using the same color tube you selected for warm-up.
- Once your strength has increased to a point that enables you to perform one set with relative ease, move to two (2) sets and then to three (3) sets.
- Remain at the three (3) set limit, three (3) days per week and progress up through the different color tubes as your increased strength permits.
- Add a second and third tube, again, as your increased strength permits.