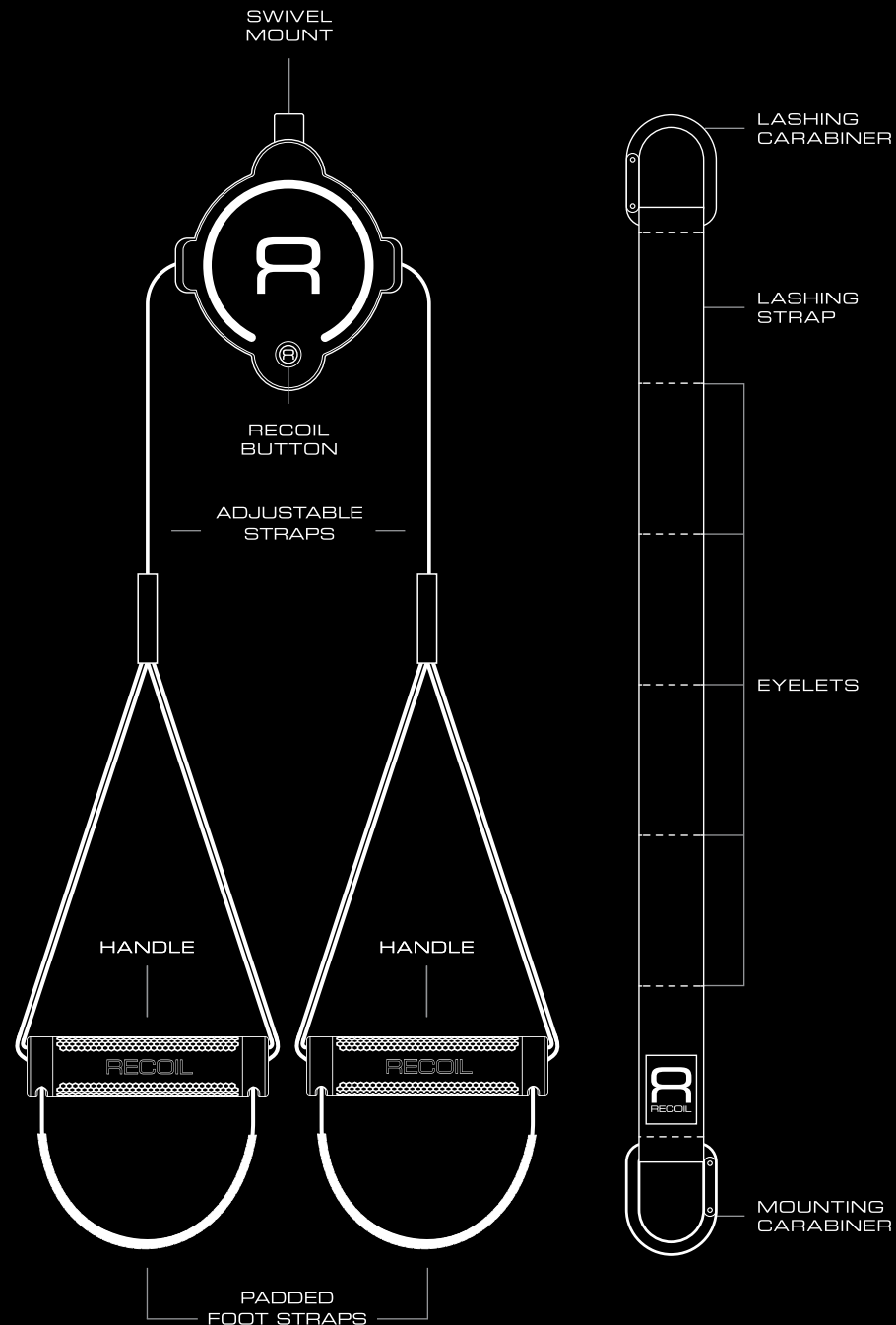


RECOIL S2

SETUP



MOUNTING

- Mount from a suitable anchor point. This can be a bar, a beam, a frame or even a tree branch. Anything strong enough to support your bodyweight
- Ensure that the anchor point has no sharp edges or abrasive surfaces, as this may result in damage to the lashing strap
- Loop the lashing strap over the anchor point and if necessary make additional loops to achieve the required mounting height
- The ideal mounting height for the S2 is above your head at arms reach
- Secure the lashing strap by clipping the lashing carabiner over the strap or through one of the eyelets
- Once the lashing strap is securely anchored attach the S2 by clipping the mounting carabiner to the swivel mount
- If necessary rotate the swivel mount so that the S2 faces the required direction
- Check anchor point is secure by pulling hard on the straps

WORKOUT AREA

- The workout area should be flat, non-slippery and free of debris
- The ideal size should be approximately 1.5 times your height in length and as wide as your arm span
- For more comfort use an exercise mat

ADJUSTMENT

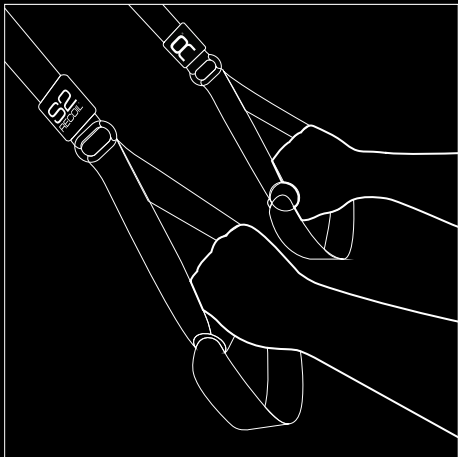
- To lengthen the straps hold one strap and with your other hand press and hold the Recoil button. Pull the strap away from the S2 body until the desired length is reached then release the Recoil button to lock the straps at that length
- To shorten the straps hold one strap and with your other hand press and hold the Recoil button. Feed the straps back into the S2 body under control until the desired length is reached then release the Recoil button to lock the straps at that length
- Both straps automatically adjust evenly to the same length
- After each adjustment ensure that the Recoil button is fully ejected
- Do not operate the Recoil button when the straps are under load

USE

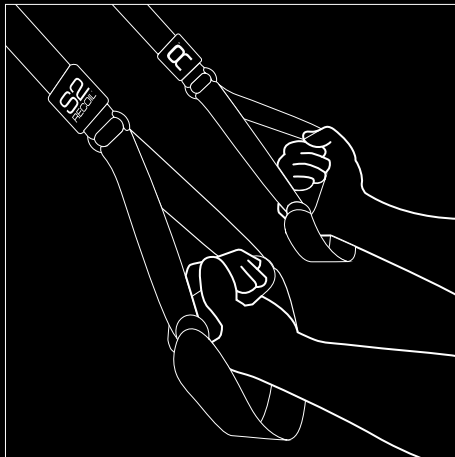
Once set up the S2 can be used to perform a wide range of exercises for the whole body at varying resistances. There are four main ways to use the handles as shown below.

Resistance can be varied by adjusting the position or angle of your body in relation to the floor and the anchor point. The more upright your body is the easier it becomes, the more horizontal you are the harder it gets. This can be achieved by the position of hands or feet and lengthening or shortening the straps as illustrated below.

HAND GRIPS

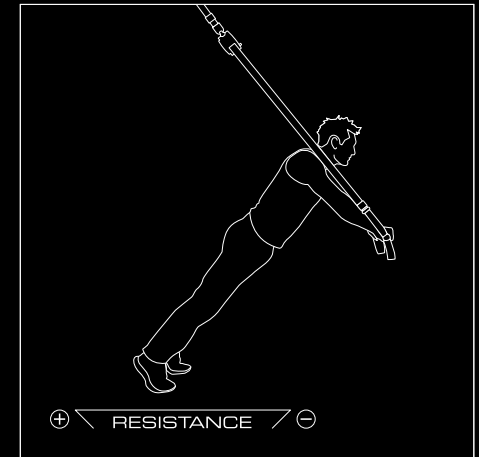
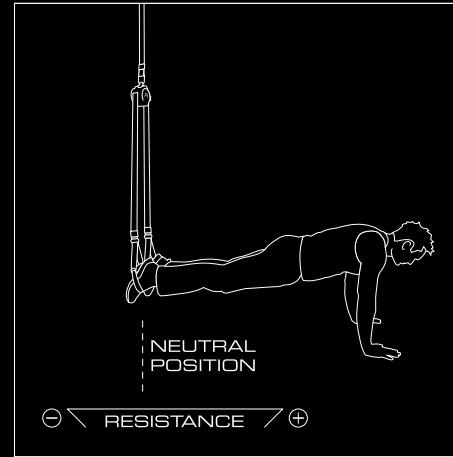


Over

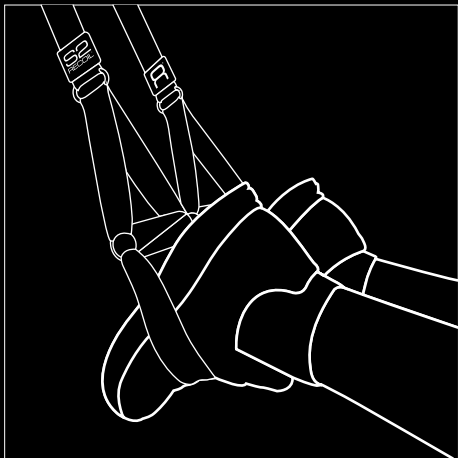


Under

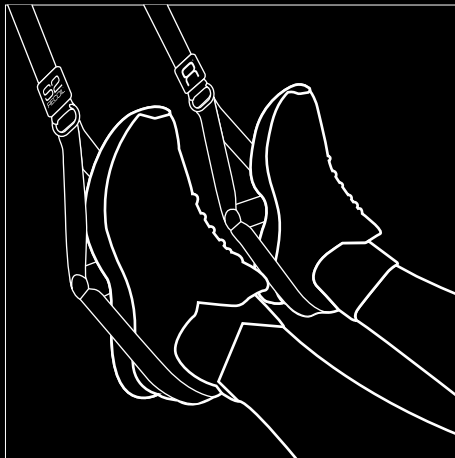
POSITION OF HANDS / FEET



FOOT STRAPS

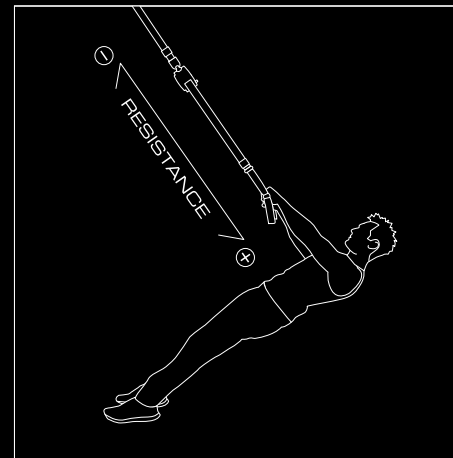


Forward

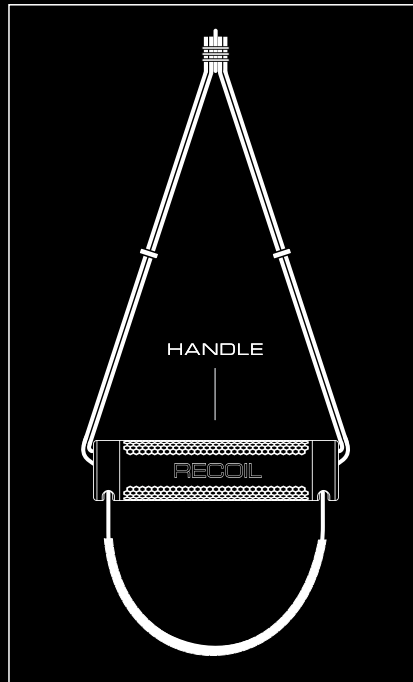


Reverse

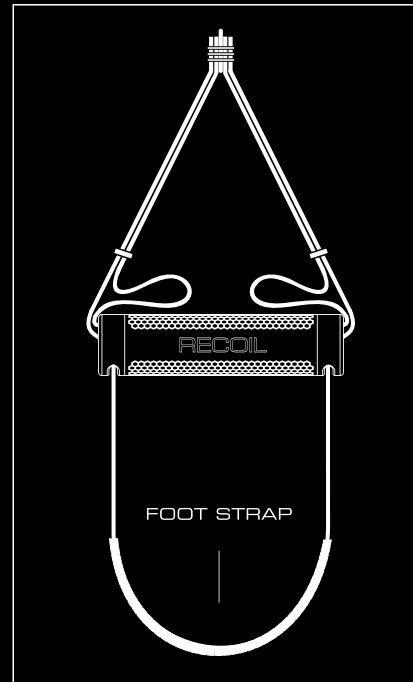
LENGTHEN / SHORTEN STRAPS



FOOT STRAP ADJUSTMENT



LOWER POSITION



UPPER POSITION

- To increase the size of the foot strap, slide the handle upwards.
- To decrease the size of the foot strap, slide the handle downwards.
- For best fit, insert foot when the handle is in the upper position then slide the handle down onto foot.
- To remove feet with ease, slide the handle back up to the upper position.
- Take care not to rotate the handle when sliding it up or down.
- Ensure foot strap is hanging straight and untwisted before each adjustment.
- If the foot strap does become twisted, first untwist it, then make 2-3 full adjustments of the handle from lower to upper position until the strap settles back to its natural position.

SAFETY GUIDELINES

- Inspect straps for damage before use
- Do not mount on sharp edges or abrasive surfaces
- Use a strong anchor point, strong enough to support your bodyweight
- Check anchor by pulling hard on the straps
- Ensure locking button is fully ejected after each adjustment
- Avoid exposure to water or fluids
- If straps do become wet, allow them to dry fully before recoiling
- Recoil when not in use
- Max. load 150kg

DISCLAIMER

This user's guide provides detailed instruction for the set up and use of the Recoil S2 training equipment. Please read carefully before use. Use only as directed herein. Recoil does not accept any responsibility or liability for any accident or injury incurred as a result of misuse of this equipment.