

# Shot Trainer

## sizing guide



### GETTING THE RIGHT FIT

With a single quick measurement, you can figure out if you are Size 1 (what most people are), or Size 2 (you could take Arnold Schwarzenegger on in an arm wrestling match). The Ole:n weave in the arm sleeve is very stretchy, but it is made to fit snugly.

It is important to note that the sleeve should not be stretched to its maximum when pulling it on. Take care to get the entire sleeve over your hand first, and then inch it up your arm. Twist it around to make it fit just right. See the instruction manual for more details.



# MEASUREMENTS

## FIND THE BIGGEST PART OF YOUR ARM

- (1) Take a string or tape and measure around the biggest part of your arm (not including). You are trying to measure the circumference.
- (2) Some people have bigger forearms than biceps—it is the biggest circumference you are trying to find.
- (3) Lay the the string down on a ruler.
- (4) If <12in. (30cm), you are Size 1.
- (5) If >12in. (30cm), you are Size 2.

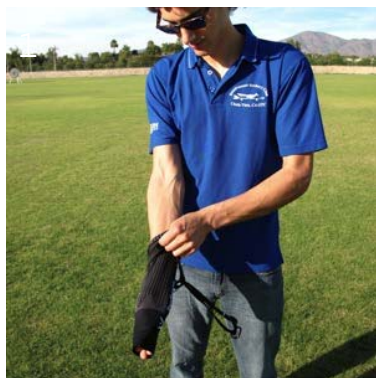


**SIZE 1 : LESS THAN 12 IN (30CM)**

**SIZE 2 : GREATER THAN 12 IN (30CM)**

# SET UP AND FIT

## PULLING THE ARM SLEEVE ON



- (1) Get the entire sleeve over your hand before pulling the sleeve up your arm.
- (2) Pull the elbow locator (the grey diamond on the side with all the lines) up to the elbow.
- (3) Then pull the the rest of the arm sleeve up over your bicep muscle.
- (4) The bicep cuff should snugly hold onto your arm up where the bicep muscle joins your armpit.
- (5) The wrist cuff should be approximately at your wrist bones.

# — CAUTIONS —

INCORRECT ADJUSTMENT CAN  
CREATE CONTUSIONS AND  
CAUSE BRUISING AND  
LACERATIONS TO THE FOREARM,  
HAND, AND NECK

- Always check the latching mechanism of the snap-hook to make sure it is fully engaged and closed
- Have a certified archery coach check the fit and adjustment prior to use
- First time users may experience some slapping against the hand, neck, or forearm. As the archer becomes more proficient with the Shot Trainer, slapping will minimize inversely to strength of shot.
- The quick detach stainless steel snap-hook has a certified working weight capacity of 120 pounds of force. Exceeding this force can cause failure
- The double sheet bend knot used for the bowstring attach loop is the same knot used on ocean-going sailboats, however it should always be examined prior to use to check for damage or slipping

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