

STEP #1

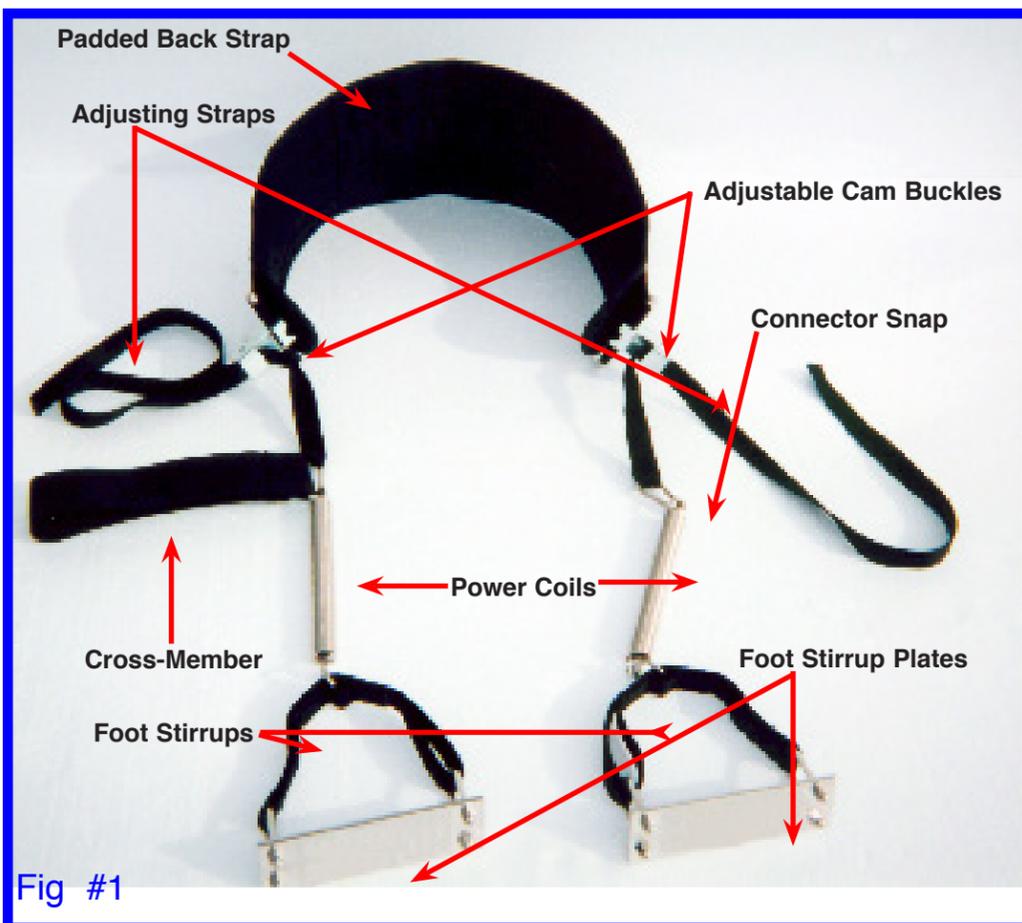


Fig #1

Put on a good pair of athletic shoes, laced tightly from the bottom up, **STREET SHOES NOT RECOMMENDED**. Find a wall or any steady surface you can lean your back against while sitting on the floor.

Place Calf-Isolator belt against the wall on the floor. Lay out the foot stirrups, the power coils, and the nylon adjusting straps so there are no twists or knots in any of the components. As you face the isolator and the wall, the 2" Cross-Member will be on your left hand side. Open up the Cross-Member strap by pulling apart the velcro surfaces. (Fig # 1)

STEP #2



Fig #2A



Fig #2B

Adjust the Calf-Isolator to fit your height by lengthening or shortening the stirrup straps. To make adjustments to the stirrup straps you must release the cam buckles by pressing on the lever button (Fig # 2A&B). Hold down on the lever and pull the strapping through until you have enough to fit your height. Releasing the lever locks strap into place.

STEP #3



Fig #3

Sit down in the Calf-Isolator with your back tightly against the wall. The Cross-Member is now on your right side (Fig #3). Insert your feet into the foot stirrups making sure the **BALLS OF YOUR FEET** are located on the stirrup plates. **NOT YOUR TOES**. The black non-skid surface on the plates will grip your shoes tightly and hold them in place as the tension adjustment is made. By grasping the loose ends of the stirrup straps coming through the cam buckles and pulling them both at the same time, you will apply the tension needed for the super stretch and the workouts. Keep your knees slightly bent (Fig. #3) at this time and pull evenly on the straps. Keep your feet relaxed and get even tension on both feet. Make sure you have the Padded Back Strap evenly adjusted around your waist. You should see an equal amount of the back strap on both sides of your waist, or close to it. The back strap stays in contact with the floor, and **DOES NOT GO UP ON YOUR BACK**. Sit up straight in the 90° or "L" position. Do not slouch or you will not get the benefit from the machine.

NOTE

If your foot arches are too painful to complete these exercises, move the stirrups down on the foot slightly, this will change the leverage and take some pressure off the arch until they become stronger. After about two weeks of workouts, move the stirrups back to the ball of your feet. Strong arches themselves will do wonders for your game, so it is important that you exercise them.

As you progress with the machine you may want to develop a program of your own. Your body knows best what it craves. If you are like most that have the Sky-King, you will know what to do. There isn't a machine, a program, a platform show, or a method that comes close to what this simple device will do for your feet, legs, and for your ability. We recommend working out EVERY OTHER DAY, not every day. If you wish to intensify the workout, do it longer, add more reps, add more sets, or do it twice on the workout day. Remember what we say, "Upon Wisdom An Athlete is Built". Flexibility and a strong foundation are the most important factors in any athlete's career. It has been documented in human performance studies that long muscle tissue contains more power and strength than does short muscle tissue. This is what Sky-King Calf Isolator does for you.

STEP #4



Fig #4

Now that you have the correct stretch tension on your legs, you must connect the Cross-Member strap to prevent your legs from spreading during the workout. Simply cross over to the left leg at the power coil (spring) connector. Go under and over with the strap, wrap it around, and attach it back to itself with the Velcro surfaces. Your feet should be shoulder width apart for the first workout.

Now lock your knees down to apply the super stretch. The stretch is the key for maximum results from this machine. If you do not have it on tight enough, it simply won't work for you. If you have it on too tight, release the strap with the Press buttons and start over. If you have more pressure on one leg than the other, simply adjust the looser leg to be equal by slightly pulling that strap tighter.

Fig #5



Fig #6



WORKOUT #1

At this point you should be experiencing a stretch unequal to any other, all the way from your feet to your lower back muscles. A slight burn should be occurring.

Making sure the foot stirrups are on the balls of your feet, and not your toes, keep your knees locked down. Sit up straight, ("L" Position) and both feet pointing straight up.

Push open the "Power Coils" as far as you possibly can with the balls of your feet. Do it slowly and release slowly. Make it a smooth motion, not fast. It won't help to do it fast. **DO NOT** let your feet come slamming back. Let them come back slowly. Do this flex nine times, and on the tenth repetition, **PUSH** and **HOLD** for ten seconds, pushing the coils open as far as you can. Rest for 30 seconds, and then do another set. You may want to bring your knees up during the resting period. Do a third set, and then you are finished with that foot position

Fig #7



WORKOUT#2

This workout is done with the toes apart and the heels together. You must loosen up the Cross-Member point your toes as far apart as possible with your heels together. Re-attach the Cross-Member. This exercise will get to the ankle and the inner calf. Like workout #1, flex the feet to open the coils as far as

possible, do nine repetitions and hold down on the tenth rep for 30 seconds. The knees stay locked down in the same manner as the first exercise. This is important. Do three sets of these repetitions and isometric exercises, taking 30 seconds of rest between sets. If it feels better to pull the knees up during the rest period, then do it.

Fig #8



WORKOUT#3

This last exercise is the most difficult to perform, yet the very best for lateral foot quickness. It will isolate the outside ankle and the outside calf. At this time you will need to adjust the Cross-Member shorter in order to help keep your toes together and your heels apart. This hurts at first, but after three workouts, you will become use to

it. Concentrate on keeping the toes in, make the Cross-Member tight and keep your knees locked during the workout. Just as in #1 & #2 workouts, push the coils open as far as you can with the balls of your feet slowly and releasing slowly. Do nine reps, and then do the push and hold on the tenth. Rest for 30 seconds, and repeat until you have finished 3 sets. Your workout is complete.

