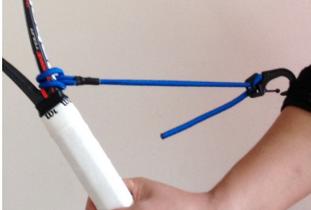
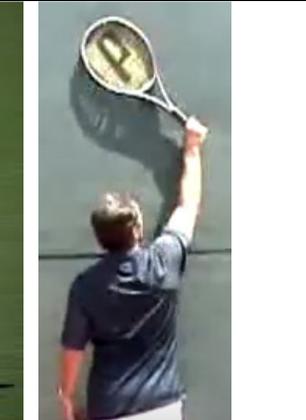


Set-Up and Instructions for *PermaWrist*™ Tennis Swing Training Aid

The following assumes that you are a right handed player. If you are left handed, then any reference to right and left should be reversed.

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|---|--|---|
| <p>Forehand:</p> <p>STEP 1: Take the elastic cord and insert the loop over the butt cap of the racket.</p> <p>STEP 2: Slide the inserted loop all the way to the open throat of the racket. Take the other end with the attached hook and insert it through the throat of the racket.</p> |  |  |
| <p>STEP 3: Place the arm band just below or above your elbow of the right arm depending on your preference. Your arm band consists of an inner elastic band and outer inelastic band that has a narrow strip for receiving the hook from the elastic cord.</p> <p>STEP 4: While holding the racket with your right hand, use your left hand to place the hook through the small strip on the arm band.</p> |  |  |
| <p>STEP 5: While holding the racket with your right hand, use your left hand to remove the loose end of the cord from the open cord guide of the hook, adjust the length by pulling on the cord and reinserting the cord into the guide when the racket forms an L with the forearm. The tapered slot in the hook will lock the cord in place.</p> <p>You are now ready to play!</p> |  |  |
| <p>Volleys: You can either use the above instruction or place the cord loop around only one side of the throat frame and insert the loose end through the loop. Both options are shown on the right.</p> |  |  |
| <p>One handed backhand: Use the above instruction for forehand, except the narrow strip for receiving the hook on the arm band should be rotated to be aligned with the right thumb.</p> | | |
| <p>Two handed backhand: A two handed backhand is similar to a forehand of a left handed player. Accordingly, the arm band should be worn on your left hand (top hand). Adjust the elastic cord length accordingly.</p> | | |
| <p>Flat serves (practice swing only): At impact, the racket should be at about 30 degrees to the arm to increase racket head speed through pronation (serving leverage). See the racket angle of R. Federer to the right. For video illustration, see YouTube video entitled "Serving Leverage" by Jim McLennan.</p> <p>Place the cord loop around only one side of the frame throat and insert the loose end through the loop as shown above for Volleys.</p> <p>Adjust the cord length until the forearm is at about 30 degrees to the racket. This would provide the proper feel of the racket angle on impact. Now, you are ready to practice (shadow practice swing with no ball). We recommend practicing at less than 30%-50% of your normal speed to get a feel for the angle.</p> |  |  |