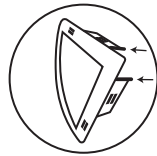


1 The triangle can be attached in one of the shown positions.



2 Attach the rubber protections.



3 Attach all four bands.



4 Thread bands from the outside as shown.



5 A/B positions
Strap four bands firmly around the poles.



5 C/D positions
Strap two bands firmly on one side.



6 Let upper bands hang down for visual hit confirmation.



Scan the QR code for more information and training tips.
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