



**THE**  
**PRONATOR**  
CHALLENGE YOUR POTENTIAL



[thepronator.com](http://thepronator.com)

**WARNING:**

1. This device is not a hammer and use of this device as one could lead to failure and possible injury
2. Improper use of this device or weights attached to the device could lead to personal harm.
3. Failure to proper secure a weight or band as described could lead to personal harm.

**Pronator Instructions:**

**Be prepared to  
Challenge Your  
Potential**

Please read prior to use

Read this prior to use

## Dumbbells

1. Place Pronator on a stable surface with strap open.
2. Place selected dumbbell (up to 15#) on the strap then bend the strap around the weight.
3. Slide the strap underneath the ratcheting mechanism.
4. Push the strap through until it is tight and you can push no further with your hand.
5. Taking your thumb or finger, depress the smaller inside lever towards the weight.
6. Push the lever one or two clicks to secure the weight.
7. *If after two clicks the weight is loose do not push harder. Release the strap and push the strap tighter around the dumbbell.*
8. Always check dumbbell is secure prior to use.



Release the weight

9. Release the weight by pushing the larger lever down
10. Hold the lever depressed and slide the strap out

## Resistance Bands

1. Pass any band through the cutout
2. Pull the band down tight towards the handle
3. Then twist the band around the handle safely securing the band
4. The twist is important to hold the band safely



Release the band

5. Untwist the band
6. Pull one end of the band towards the top of the device