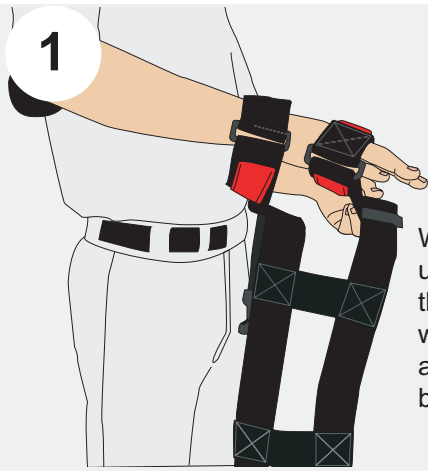


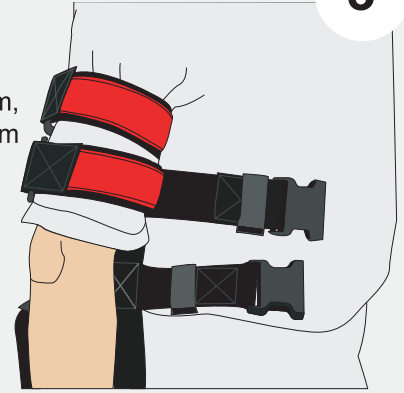
Read Instructions Carefully

1



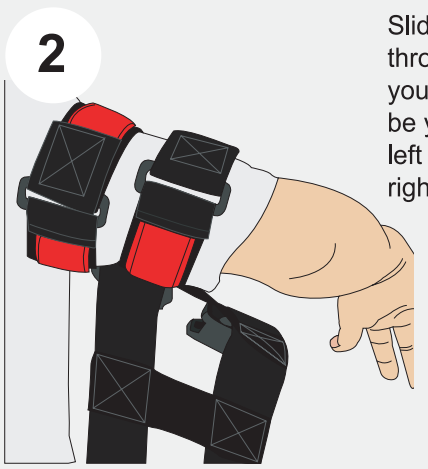
With the Power Drive Brace unfolded and the elastic on the inside of the harness with the short elastic on top and the long elastic on the bottom.

3



Slide the arm bands all the way up the lower hitting arm, with the top short elastic arm band just under the arm pit and the longer elastic arm band just above the elbow.

2



Slide your lower hitting arm through the arm bands, (note; if you're a right handed hitter it will be your left arm and if you're a left handed hitter it will be your right arm).

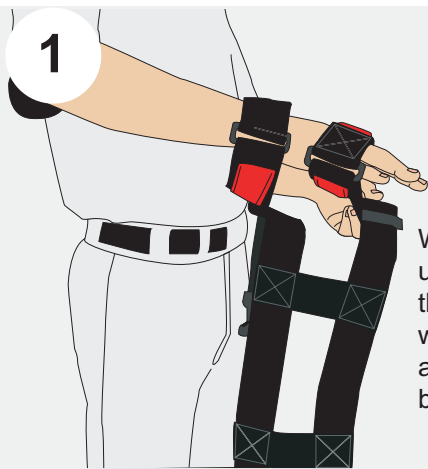
4



Holding the short buckle in one hand, pull the long buckle adjustment strap until it is fairly tight around the upper body. (you should be able to just barely put one finger between the buckle and the body). Note; on boys both straps should be tightened this way but on girls the upper strap should just be snug above their chest and the lower strap fairly tight below their chest.

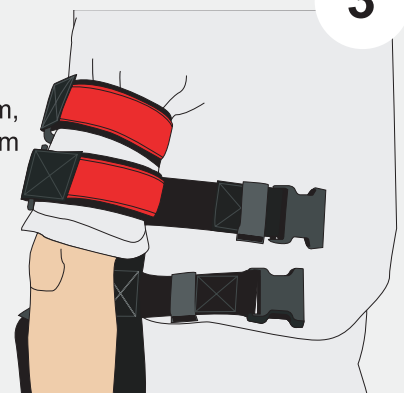
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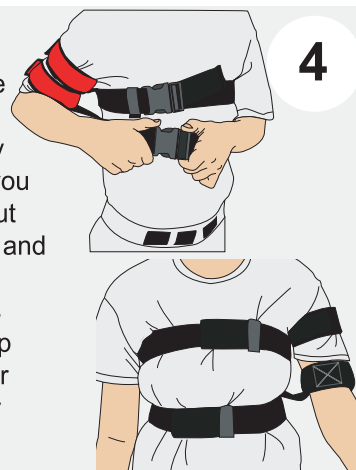
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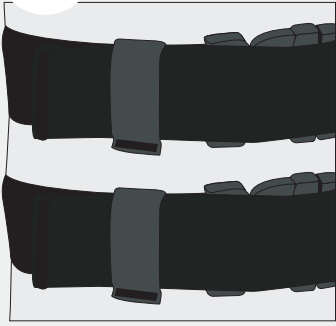
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5



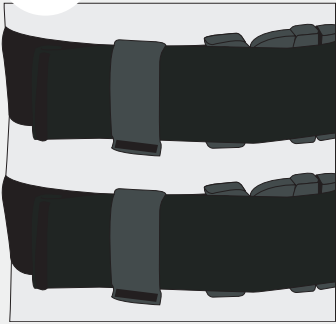
Once the upper and lower body straps are tightened, take the adjustment strap and go over the buckle and slide it through the belt loop. Then take the belt loop and slide it next to the buckle. Now tighten the arm bands. Not too tight. These should just be snug.

6



Now your ready to get swinging. Taking a bat in your hands just start swinging it back and forth. At first it will seem a little restrictive and you would want to use your shoulders and arms but do not! Remember swing with your hands. Keep loading your hands back and swinging forward to the finish point. After a few swings it will become to feel natural.

5



Once the upper and lower body straps are tightened, take the adjustment strap and go over the buckle and slide it through the belt loop. Then take the belt loop and slide it next to the buckle. Now tighten the arm bands. Not too tight. These should just be snug.

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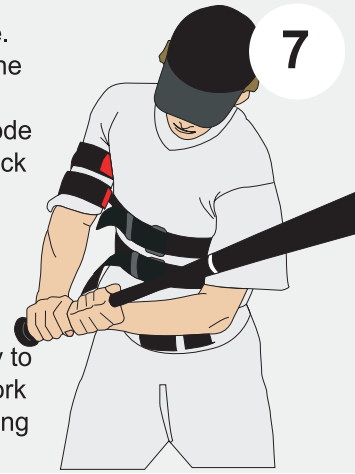
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INSTRUCTIONS

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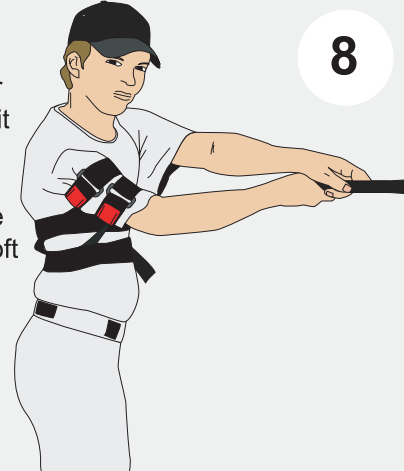
Start by hitting balls off a Tee. Setup with your front hip at the point of contact. Putting your hands back in the rhythm mode then separate your hands back to the load position and reaching with your front foot, you will feel the PDB pulling your hands forward. Now swing and make contact with the ball. Remember don't try to help the PDB, let it do the work for you. Just think about hitting the ball.

7



8

If you try to help the PDB or throw your hands outward, it will roll your hands over. After hitting off a Tee and getting use to the feel of the PDB you can start hitting soft toss and even live pitching.



7

Start by hitting balls off a Tee. Setup with your front hip at the point of contact. Putting your hands back in the rhythm mode then separate your hands back to the load position and reaching with your front foot, you will feel the PDB pulling your hands forward. Now swing and make contact with the ball. Remember don't try to help the PDB, let it do the work for you. Just think about hitting the ball.



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