

# QUICKPLAY

## PRO SPEED & AGILITY SET



## INSTRUCTIONS

This Speed & Agility Set is a versatile set of training tools that are both lightweight and easy to use. The agility poles can be used as either 10X (3ft) individual poles, or can be connected to make 5X (6ft) double poles/corner flags. The 20X slotted cones can be used on their own or combined with the poles to create hurdles. The 5X elastic straps can be attached to the poles to create high hurdles, goals, gates, obstacles and soccer tennis.

**CONNECTING TWO POLES:** Insert the spiked end of the pole into the honeycomb plastic end cap of another pole. Ensure that the pole is fully seated before use.

**POLE ELASTIC ATTACHMENT:** Slide the elastic loop over the pole sitting below the honeycomb end cap.

### WARNINGS:

1. Must be assembled by an adult.
2. Use caution when using this product and use only under adult supervision.
3. Do not throw poles and do not point pole ends at other people.
4. Make sure feet are clear of the spike when pushing into the ground.
5. Insert pole up to bottom edge of the warning flag.
6. Do not remove product warning sticker.
7. To be used on a flat surface.
8. Check the product is fully assembled before use.
9. Do not apply excessive force against the elastic when attached between two poles, doing so may pull the poles out of the ground and could result in injury.
10. Pack away after use. Do not leave outdoors in adverse weather conditions.
11. Regularly check for wear and tear, stop using if any part of the product breaks. Failure to do this may result in injury.
12. Keep away from heat sources and do not leave in a hot vehicle.
13. This product is not suitable for children under the ages of 12.

### PARTS WARRANTY:

This product must be disassembled after use and stored in a cool, dry place or the warranty is invalidated. Register your warranty within 15 days of purchase visit: [Warranty.QuickPlaySport.com](http://Warranty.QuickPlaySport.com) or scan this code:



## THANK YOU!

For choosing the QuickPlay Pro Speed & Agility Set We hope you enjoy and get years of use out of this product.

If you have any issues, please do not return it to the store. Instead contact us directly:

[info@quickplaysport.com](mailto:info@quickplaysport.com)  
We promise to resolve it or your money back.

At Quick Play Sport we think sport is all about taking part. We develop innovative products that help athletes and coaches at all levels of sport, perform to the best of their ability. If you have any queries or suggestions about how we can improve our products, we'd love to hear them. Please feel free to get in touch.