

Before using your Leg Protection System, please read these instructions carefully. Diagram follows.

Correct fit is vital to ensure proper performance. The ArmorSports Knee and Leg Protection System is designed to be worn under the athlete's game pants. If you have any questions regarding the proper fit of your Protection System, please call ArmorSports at 520-623-9800.

A. LOWER ARM ADJUSTMENT

1. Place and hold the System on your leg so the center of the system joint is in line with the center of the knee joint, (depending on the athlete's leg, the system may need to be worn higher on the leg).
2. Review Lower Arm Fit. The Lower Arm is strengthened with a metal alloy that is bendable. As required, firmly grasp and bend the outer portion of the Lower Arm inward or outward to attain proper, comfortable fit.

B. LOCATOR PLATE CENTERING ADJUSTMENT

1. Ensure Locator Plate Locking Screws are loose.
2. Hold the System in place against your leg and secure the Velcro[®] strap around your calf.
3. While looking down your leg, slide the Locator Plate left or right until the locator plate is centered over the knee cap (the center of the Locator Plate should be inline with the center of the knee cap).
4. Tighten Locator Plate Locking Screws.

C. LOCATOR PLATE POCKET SELECTION

1. Insert the adjusted leg of your System into the corresponding leg of the athletic girdle.
2. Slide the Locator Plate into the middle pocket for initial fitting
3. Repeat this operation with the remaining leg.
4. While sitting, step into the girdle one leg at a time. Pull the girdle up to your waist where you normally wear your trousers and secure the girdle belt.
5. Attach the Velcro[®] strap to the Lower Arm, wrap strap around your calf, stretch the strap to a comfortable tension and attach to the Lower Arm (adjust strap tension as required).
6. To test pocket selection, perform several game movements, knee bends, jumps, etc. There are three scenarios with the pocket selection.
 - a. When the Locator Plate is in the correct pocket, the athlete will experience no restriction of the movement and the System will feel comfortable.
 - b. When the pocket selected is too low, the System will track incorrectly.
 - c. When the pocket selection is too high, the System will pull down on the girdle.

D. MAINTENANCE AND CARE

1. The carbon composite and thermoformed assembly unit requires no maintenance. If it becomes dirty, it can be cleaned with a wet cloth.
2. The athletic girdle and unit pads should be washed with a mild detergent and can be air dried or placed in the dryer on a *low* setting. The calf strap can be removed and washed in the same manner.

Loosen Locking Screws and move Locator Plate until its centerline is in line with the center of the knee cap, then tighten screws.

