

## GADGET/GADGET XF INSTRUCTIONS

1. Lay the brace on the back of your hand. Adjust the wrist/forearm strap so that it is secure on your forearm, but still comfortable enough to allow circulation to your wrist and hand. Also, lightly tighten the palm strap to keep your hand in place before adjusting the wrist cup and angle.
2. Loosen the dial on the back of the glove by rotating the little lever located on top of the adjustment dial. With the dial loose, move your wrist back and forth (left and right) until it feels comfortable.
3. Once we have the left/right angle comfortable, now we need to determine the proper wrist cup. Move your palm towards your wrist and, with your opposite hand, turn the dial just under the lever until the small metal protrusion extends forward. This adjustment will keep your wrist in either a flat or a cupped position depending on how far out it is adjusted.

Until you are comfortable with your new glove, it is recommended you have it adjusted out a small distance for safety. Once you have the left/right angle comfortable and the wrist cup bar extruded to a comfortable distance, turn the lever located on the top of the dial to simultaneously lock both the wrist cup and wrist angle adjustment in place. Just remember to **never** over-tighten the lever when locking it in place.

4. At this point, you should release the palm strap, move your wrist in a circular motion a few times, and then secure the palm strap to keep your hand in place. Just like the forearm strap, this should be tightened enough to keep your hand in position, but not enough to stop circulation to your palm and fingers.
5. It's time to bowl... Roll a few shots and see how it works and feels... adjust the wrist angle position and wrist cup adjustment bar until you find a comfortable zone that feels good and helps your game... Remember too that the different position will also change your ball roll, so you may be able to customize it to your particular lane conditions as needed.



### Wrist Angle Adjustment

In general, adjusting the wrist angle away from your body will create more forward roll (pictured to the top left) while adjusting it towards the inside of your body will help create more side rotation (pictured to the bottom left). However, don't be too extreme in your adjustments or you may injure your wrist or hand. Natural flexibility, bone and joint structure will have a strong influence on how far you can adjust your wrist left or right without hurting yourself or creating an uncomfortable position for your wrist.



### Wrist Cup Adjustment

The wrist cup adjustment is similar to the wrist angle adjustment in the fact that certain types of flexibility, bone and joint structure will affect how far you can safely and comfortably extend the bar. In general, the shorter the bar is extended, with a straighter wrist, the lower your rev rate (pictured to the top left). As you extend the bar your wrist becomes more cupped, and as a result you will notice your rev rate increase (pictured to the bottom left).

Just keep in mind that sometimes more is less, especially if you can be more accurate and consistent.