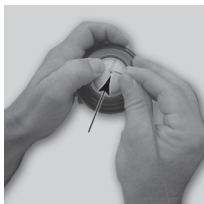
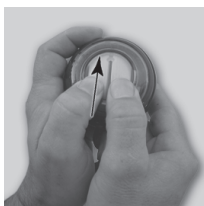


# DYNAFLEX PRO

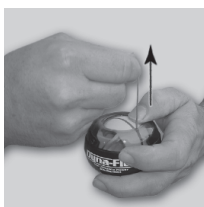
## BASIC STARTING METHOD



Insert tip of starter cord into hole of Dynaflex Pro gyro.



Wrap the starter cord around rotor groove for one full turn.



Hold open end face up and pull starter cord quickly to activate the gyro. To build speed, see Diagram A.

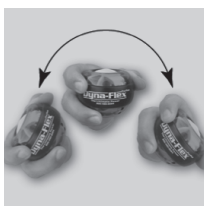
## ADVANCED STARTING METHOD



**Method 1:** Hold Dynaflex Pro in your dominant hand with open end face up. With other hand, strike rotor in direction of lines on rotor 1-2 times, To build speed, see Diagram A.



**Method 2:** Hold Dynaflex Pro in your dominant hand with open end face up. With the thumb of the other hand, strike rotor in direction of lines on rotor 1-2 times. To build speed, see Diagram A.



**Diagram A: Building Speed:** Hold Dynaflex pro firmly in your dominant hand with open end face up between thumb and index finger. apply a rapid left to right motion. Within seconds you will begin to feel the gyro pull. NOTE: the faster the rotor spins the easier the gyro is to activate.