

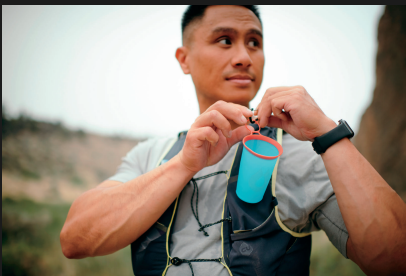
HOW TO CARRY A SPEEDCUP

The SpeedCup was designed to be lightweight, easy to hold and collapsible so it can be tucked almost anywhere.



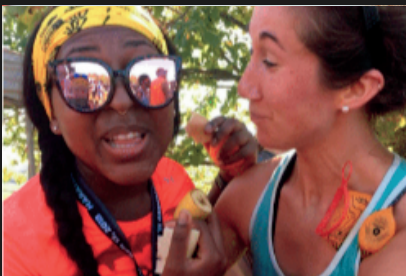
PACK

Collapse or fold the cup and tuck it in your short, belt or pack pocket.



CLIP

Use a mini carabiner to clip the cup to your belt, pack or bra strap.



STASH

Tuck in arm sleeve, compression shorts or stash in your sports bra.



HOLD

Use the finger loop to carry the cup in your hand