



## WEIGHTED PRACTICE BALLS

### Instructions for Use:

Always warm up your arm before throwing a weighted training ball. Once you feel warmed-up and loose, begin by throwing the weighted training ball at a low velocity using your regular throwing motion. Gradually increase your velocity to full strength, maintaining a correct throwing form.

If your arm begins to feel tired or sore you should stop usage of this training product immediately and resume training at a later time.

⚠️**WARNING:** Consult your healthcare professional before beginning this or any type of exercise program.

⚠️**CAUTION:** Not for batting! Do not hit with a bat.

Below are tips on a proper throwing and pitching technique to help you get the most out of your SKLZ Weighted Practice Balls.

**Below are tips on a proper throwing technique. This information is provided to help you get the most out of your SKLZ Weighted Practice Balls.**

- » Hold the ball with your fingers on top, making sure to keep the ball out on your fingertips and not back in your hand.
- » Bring your arm behind your head rather than starting the throw at the ear.
- » Make sure to bend your arm at the elbow, keeping your elbow up above your shoulder when throwing the ball.
- » Use your whole body including your legs and hips rather than confining the throwing motion to just your upper body.
- » Follow through with your arm and body, do not let your throwing side stay back.