

- THANK YOU -

If you have any issues with this product, we ask that you please don't return it to the place of purchase.

Instead contact us directly at
info@quickplaysport.com
so that we might assist you.

Don't forget your product is covered by our unrivalled QuickPlay warranty. See our website for information.

- The QuickPlay Team 😊

At Quick Play Sport we think sport is all about taking part. We develop innovative products that help athletes and coaches at all levels of sport, perform to the best of their ability. If you have any queries or suggestions about how we can improve our products, we'd love to hear them. Please feel free to get in touch.

www.quickplaysport.com

QUICKPLAY™ WEIGHTED PITCHING BALLS

6oz / 8oz / 10oz / 12oz



INSTRUCTION MANUAL

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The QuickPlay Weighted Baseballs are authentic 9in official size baseballs, featuring a durable leather cover, raised seams and a weighted core. A functional training tool, ideal for pre-game warm up or as part of a coach guided training program to improve throwing arm strength.

We recommend starting with the lightest weight 6oz ball and progressing up through the 8oz, 10oz and 12oz balls.

WARNINGS:

- Always warm up before throwing a weighted baseball.
- Use caution when using this product and use only under adult supervision.
- Do not use if you are injured or have recently recovered from injury.
- Not for hitting / batting. DO NOT HIT WITH A BAT.
- Consult your healthcare professional before beginning any type of exercise program.
- Stop using immediately if your arm begins to feel tired, sore and/or if you can't maintain proper throwing form.
- Ensure others are clear of the area and all potential paths of the Weighted Baseball to reduce the risk of injury.
- Pack away after use. Do not leave outdoors in adverse weather conditions.
- Regularly check for wear and tear and stop using if any part of it breaks. Failure to do this may result in injury.
- Keep away from heat sources and do not leave in a hot vehicle.
- This product is not suitable for children under 5 years of age.

USAGE INSTRUCTIONS:

- Always warm up before use.
- Consult a throwing coach first if you want to use the QuickPlay Weighted Baseballs as part of a strength improvement program.
- Always start by using the lightest 6oz ball.
- Always begin by throwing the QuickPlay Weighted Baseball at low speeds. Approximately 10% to 30% of your maximum.
- While maintaining correct form, gradually increase throwing speed to 80% to 90% of your maximum.
- Hold the ball with your fingertips and with your fingers on top of the ball.
- When throwing, keep your elbow bent and above your shoulder.
- A proper throw draws power from the whole body, including the legs and core. Do not confine the throwing motion to just your arm or upper body.

NOTICE:

The purchaser and/or installer of this product is responsible for advising the end user of the possibility of injury while using this product. The installer and/or purchaser shall read and follow safety warnings / instructions packaged with this product. All equipment is sold on this condition and by no means can any representative waive or alter this position.

STATEMENT OF POLICY:

The user assumes all risk entailed in actions, since QuickPlay cannot guarantee freedom from injury. Use of this equipment cannot prevent serious injury or death. Sporting events are dangerous in nature and the Participant assumes ALL RISKS therein. It is the Dealer/Distributors responsibility to pass this information to the consumer.