



The Power Behind Performance®

POWER BASEBALL/SOFTBALL TUBE™

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

For more information regarding the Power Baseball Tube™
or other training products and programs, contact:

Power Systems Inc
www.power-systems.com
1-800-321-6975

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WARNING

Power Systems Product Safety Notice

Power Baseball/Softball Tube™ offers a dynamic training environment for a variety of exercises and difficulty levels. Serious injury can occur when not used properly.

Power Systems brand stretch tubing and bands are intended for use only as described in the enclosed instructions. Other uses are not recommended. In addition to the enclosed instructions for use, please observe the following precautions every time you use your stretch tubing and bands.

- Inspect the tubing or bands before to each use. Look for any nicks, tears, punctures, or other defects that may cause the band to break. Pay particular attention to high stress areas where tubing and bands are connected to door attachments or ball.
- DO NOT use tubing if damage or defects are found. Discard and contact a Power Systems representative for warranty information and replacements.
- DO NOT strike the Power Baseball/ Softball with a bat
- Avoid exercises that involve stretching the tubing or bands in a manner that may cause them to snap toward the head/face and cause injury to the eyes.
- Never use tape of any kind to attach tubing or bands to stationary objects, or to shorten the length of the tubing or band.
- Never stretch tubing or bands more than three times their resting length.
- Avoid prolonged exposure to sunlight and water. If using tubing or bands in chlorinated water, special care is required. After each use in chlorinated water, rinse thoroughly with tap water to remove any traces of chlorine. Allow to air dry completely, and then dust with talcum powder.
- Keep tubing away from heat, cold, and sharp objects. Remove rings before use, and avoid footwear with metal spikes or cleats.
- Stretch tubing and bands are not toys. Children should only use with adult supervision.
- Power Systems brand tubing and bands contain latex rubber.
- Life expectancy of this product is consistent with the amount of usage sustained. As a precaution, stretch tubing and bands should be replaced every year if used in an institutional or commercial setting and every two years if used strictly for personal use.
- **POWER SYSTEMS, INC. ASSUMES NO LIABILITY FOR INJURY OR DAMAGES THAT MAY OCCUR WITH USE OF THIS PRODUCT. POWER SYSTEMS WARRANTS THAT THE DESIGN OF THE POWER BASEBALL/SOFTBALL TUBE™ IS IN CONFORMANCE WITH ALL APPLICABLE DESIGN STANDARDS, RULES, SPECIFICATIONS, REGULATIONS AND PRODUCT QUALITY STANDARDS APPLICABLE TO SUCH STRETCH TUBING AND BANDS, THE INDUSTRY USING THE STRETCH TUBING AND BANDS AND AT THE TIME OF SALE, THE STRETCH TUBING AND BANDS SHALL BE FREE FROM DEFECTS IN WORKMANSHIP OR MATERIALS. POWER SYSTEMS EXPRESSLY DISCLAIMS ALL WARRANTIES OF ANY KIND RELATED TO THE STRETCH TUBING AND BANDS OR THEIR SPECIFICATIONS OR DESIGNS, WHETHER EXPRESS, IMPLIED OR STATUTORY, INCLUDING WITHOUT LIMITATION THE IMPLIED WARRANTIES OF TITLE, MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.**

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POWER BASEBALL/SOFTBALL TUBE™ EXERCISES

UNDERHAND PULL

Starting Position: Attach the Power Baseball/Softball Tube™ to a sturdy base of support. Simply loop the tubing and ball through the nylon strap opening. Pull firmly to alleviate the slack in the nylon strap. Align the attachment so that it is level with the wrist. Grasp the ball in an underhand grip. Shoulders should be in line with the resistance, and feet should be placed in a staggered stance facing the base of support.

Action Phase: With the shoulders in alignment with the resistance slowly pull the ball back. Make sure that the wrist and elbow are kept straight. Pull the ball back until it has reached approximately 30 to 45 degrees past the hip. Repeat this action for two sets of 10 to 12 repetitions.

UNDERHAND PUSH

Starting Position: Attach the Power Baseball/Softball Tube™ to a sturdy base of support. Simply loop the tubing and ball through the nylon strap opening. Pull firmly to alleviate the slack in the nylon strap. Align the attachment so that it is level with the wrist. Grasp the ball in an underhand grip. Shoulders should be in line with the resistance, and the feet should be placed in a staggered stance with back towards the base of support.

Action Phase: With the shoulders in alignment with the resistance slowly push the ball forward. Make sure that the wrist and elbow are kept straight. Push the ball back until it has reached approximately 90 degrees from the hip. Repeat this action for two sets of 10 to 12 repetitions.

OVERHAND PULL

Starting Position: Attach the Power Baseball/Softball Tube™ to a sturdy base of support. Simply loop the tubing and ball through the nylon strap opening. Pull firmly to alleviate the slack in the nylon strap. Align the attachment so that it is level with the shoulder. Grasp the ball in an overhand grip. Shoulders should be parallel with the resistance, and feet should be in a staggered stance facing the base of support.

Action Phase: With the shoulders in alignment with the resistance, slowly raise the ball toward the ceiling. Make sure that the wrist and elbow are kept straight. Pull the ball back until it has reached approximately 90 degrees from starting position. Repeat this action for two sets of 10 to 12 repetitions.

OVERHEAD PUSH (THROW)

Starting Position: Attach the Power Baseball/Softball Tube™ to a sturdy base of support. Simply loop the tubing and ball through the nylon strap opening. Pull firmly to alleviate the slack in the nylon strap. Align the attachment so that it is level with the shoulder. Grasp the ball in an overhand grip the arm is overhead or perpendicular to the floor. Shoulders should be in line with the resistance, and feet should be placed in a staggered stance with the back toward the base of support.

Action Phase: Keeping the wrist and elbow straight, push the ball downward until it has reached approximately 90 degrees or parallel to the floor. Repeat this action for two sets of 10 to 12 repetitions.

INTERNAL ROTATION

Starting Position: Attach the Power Baseball/Softball Tube™ to a sturdy base of support. Simply loop the tubing and ball through the nylon strap opening. Pull firmly to alleviate the slack in the nylon strap. Grasp the ball in an open grip while keeping the elbow at a 90 degree angle or perpendicular to the floor. Align the attachment so that it is level with the wrist and elbow. Shoulders should be parallel to the resistance, feet are in a wide stance (hip width apart), and knees slightly bent. Forearm is rotated outward toward the resistance.

Action Phase: While holding the ball in an open grip and keeping the elbow tight to the side slowly rotate the arm inward until it reaches the navel. Return to starting position, and repeat this action for two sets of 10 to 12 repetitions.

EXTERNAL ROTATION

Starting Position: Attach the Power Baseball/Softball Tube™ to a sturdy base of support. Simply loop the tubing and ball through the nylon strap opening. Pull firmly to alleviate the slack in the nylon strap. Grasp the ball in an open grip while keeping the elbow at a 90 degree angle or perpendicular to the floor. Align the attachment so that it is level with the wrist and elbow. Shoulders should be parallel to the resistance, feet in a wide stance (hip width apart), and knees slightly bent. Forearm is held across the torso.

Action Phase: While holding the ball in an open grip and keeping the elbow tight to the side slowly rotate the arm outward until it reaches the stopping point. Return to starting position repeat this action for two sets of 10 to 12 repetitions.

BATTER ROTATION

Starting Position: Attach the Power Baseball/Softball Tube™ to a sturdy base of support. Simply loop the tubing and ball through the nylon strap opening. Pull firmly to alleviate the slack in the nylon strap. Align the resistance at mid-torso level. Grasp the ball firmly with both hands as if gripping a bat. Feet should be in batter's stance and shoulders parallel to the resistance.

Action Phase: Arms are fully extended. Keeping the torso tight, rotate at the hip as if you were performing a bat swing. Perform two sets of 10 to 12 repetitions on the right side, and then repeat on the left side.