

# AXBALL™ ENTERPRISES, LLC

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WWW.AX-BALL.com

Customer Service: 720-541-5939  
(Monday-Friday 8:00am-5:00pm Mountain Standard Time)  
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**Patent Pending**

## Warranty

AXBALL™ Enterprises, LLC warrants that this product will be free from defects in materials and workmanship for a period of 90 days from the date of purchase by the original owner. This warranty covers the original purchaser only and is not assignable or transferable to another party. Register your warranty online at [www.ax-ball.com](http://www.ax-ball.com) or by calling customer service at **720-541-5939**.



**QUICK AXBALL™ START GUIDE**

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Includes important safety information.  
Read all instructions before using device.  
Save these instructions.  
Visit [www.ax-ball.com](http://www.ax-ball.com) for more detailed instructions.

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Thomas "Hurricane" Haines" Passion is helping everyone achieve a better fitness level by using **AXBALL™** - the newest revolution in exercise. "I believe, with all my heart, that if your consistently train



with **AXBALL™** you will quickly achieve your fitness and health goals." **AXBALL™** can effectively be used by anyone, anytime and in any setting. It is the most versatile piece of exercise equipment on the market. "Use **AXBALL™** just 9 minutes a day and I guarantee you will see a dramatic difference in 30 days."

### How to Use AXBALL™ Basics:

The fundamental movement of the **AXBALL™** is an Infinity Symbol



or sideways figure 8. **AXBALL™** was designed to simulate hitting

a truck tire with a sledge hammer or chopping wood - but without the sore palms. Thomas discovered the power and strength he received was from the swing not the hitting of the tire or the wood.

The **AXBALL™** allows you to use a huge variety of common total body movements while swinging the **AXBALL™** - such as:

- **AXBALL™** Lunges
- **AXBALL™** Squats
- **AXBALL™** Hammer Run
- **AXBALL™** Hip & Hammy
- **AXBALL™** Sit-ups
- **AXBALL™** Sit-downs
- **AXBALL™** Seated Swing
- **AXBALL™** Run
- **AXBALL™** Get-ups
- **AXBALL™** Wind-ups
- **AXBALL™** Pole Squat

For a complete list and links to video demonstrations and routines please go to [www.AX-BALL.com](http://www.AX-BALL.com) **Workout Routines**

### Your AXBALL™ System:



Depending on which **AXBALL™** Package Option you purchased, your **AXBALL™** will come with 1-5 weights that can be easily and quickly added for specific exercises and strength needs. We have designed various Pyramid Routines which will instruct you to add and subtract weights.

### Important Safeguards:

- Consult your Doctor prior to any exercise or physical activity.
- Consult your Doctor if you are pregnant, prior to starting any **AXBALL™** routine.
- Do not allow young children to use **AXBALL™**.
- Always connect the Safety Strap to one of your wrists.
- Make sure there is enough distance from people and objects that will allow you to safely swing the **AXBALL™**. (Depending on your height and arm length we recommend at least 4' on all sides of where you stand. Add appropriate distance to this area if you intend to use front to back or side to side movements in your routines.)
- Stretch and warm-up prior to starting your **AXBALL™** routine.
- Wear appropriate clothes and shoes for the activity.
- Begin any new **AXBALL™** Routine slowly and with no weights until you master the movements and your physical needs. Refer to the **AXBALL™** demonstration videos found on our website: [www.ax-ball.com](http://www.ax-ball.com).
- Accelerate and decelerate your **AXBALL™** swing gradually.
- Only add weights when you have mastered the routine and current weight level. Remove weights if your muscles feel strained.
- Training too hard or too fast is a common cause of sports-related injuries, gradually work up to the next levels.
- Stop using **AXBALL™** immediately if you are injured or feel light-headed or nauseous.
- Keep hydrated during and after your exercise.
- Cool down and stretch after you complete your **AXBALL™** routine.