

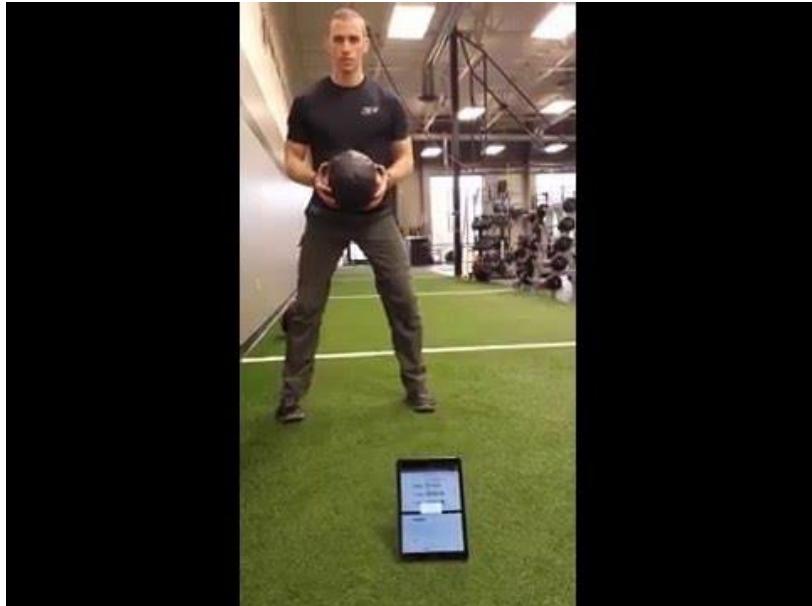
Ballistic Ball™ how-to -- ready position & throw



Always start with the A2P logo facing the stomach / belt buckle area. The extension of your arms away from this area is up to you. This placement gives the Ballistic Ball a consistent orientation for reproducible results.

When the user holds the Ballistic Ball in the ready and stable position, the A2P App will DING/ FLASH.

When you get the DING/FLASH,
throw for power!



[CLICK ON IMAGE FOR VIDEO](#)

Once the Ballistic Ball™ leaves your hands the measurement side is completed, an instant display of performance feedback will appear on your Apple device. *The product does not measure based on impact, in fact we really prefer that you minimize the impact force and not void the warranty.*

Two+ reps per set

If you selected more than one repetition, pick the Ballistic Ball back up and get back into the *ready position* (see above video). Here is the trick, when you make a throw and the Ballistic Ball lands on the ground, promptly pick it back up and keep the ball moving (as you are walking back to an area). If the Ballistic Ball sits

still in an area for 2 seconds it will DING/FLASH for the next rep. We prefer that when this happens the Ballistic Ball is in your hands and you are in the *ready positon* to throw for power!

Multiple reps workflow tips

If you are a Coach and are working with an athlete using the Rotational or Chest Throw movement exercises, you can have the athlete throw the Ballistic Ball to you, you catch it. Then, either throw it right back to them or walk it back over. As long as the Ballistic Ball is moving it will not alert for the next rep, until you hold it still. Another option is *PartnerPlay™*, throw to one person, catch, DING/FLASH, throw back. We will have a *PartnerPlay™* option coming later in 2016.

Overhead Back Throw (triple extension)

This is a favorite to look at total body power, or what we like to refer to as Coordinated Power, expressing power with a full body movement. Hold the Ballistic Ball in the ready position, relaxed athletic position, on the DING/FLASH drop down (counter move) into a squat, explode up, and throw for power. The athlete gets full extension, the Ballistic goes up and lands slightly behind. This is not a soccer throw-in movement.

We understand there are variations of this throw, like a more forward toss (Granny toss) shown in the video, this is fine. As long as you are within the intended-use of the exercise movement the outputs will be okay. The main takeaway is that you no longer need to worry about "how high" or "how far" the throw is. Now, the athlete can really focus on power and extension.

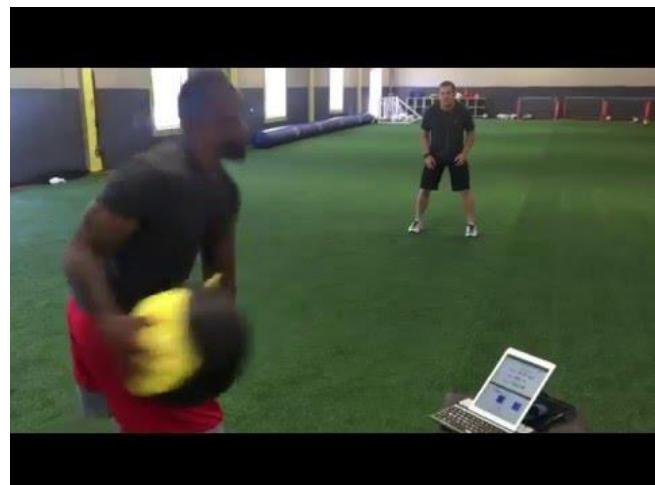
Some variations would include non-counter move, start in a static squat and explode up. You can compare counter vs non-counter throws. Or, place the Ballistic Ball on the ground, get into a deeper squat and explode up. This really is an ideal assessment to look how lower body strength & power training transfers to total body power.



CLICK ON IMAGE FOR VIDEO

Rotational Throw

Assessing this movement was the motivating factor in creating the Ballistic Ball. Rotational power is the key factor of many sports, yet prior to the Ballistic Ball there was no practical way to baseline and track. For this movement exercise hold the Ballistic Ball in the *ready position*, standing in pre-load athletic position. On the DING/FLASH, load, reverse, and throw for power. It is up to you whether you chose to load long and slow (think golf swing), or short and fast (think MMA). In fact, we think you may enjoy seeing how variations of how you load and throw affect the Power, Force, and Speed of your throws. After you do a few rotational throws on your strong side, try a set of throws on your weak side.



Two video examples (CLICK ON IMAGES FOR VIDEO) of the rotational throw movement exercise. The throw technique is different for each example, but as long as the movement is close to the Ballistic Ball intended-use it will work.

DO NOT THROW INTO A HARD WALL, THIS WILL VOID YOUR WARRANTY. We do have some suggestions, throw across an open area, throw to a training partner, throw into a net, throw into a padded wall (Perform Better has some economical options). Keep in mind, many “dumb” medicine ball manufacturers do not warranty rotational throws into a hard surface either. Protect your Ballistic Ball investment, you have some good options to do so, as easy as adding a small padded wall that hangs (this is a good option for all of your medicine ball throws).

REMINDER: ALWAYS START WITH THE A2P LOGO FACING YOU.

Chest Throw

From a standing position hold the Ballistic Ball, arms extended from your chest, on the DING/FLASH countermove to load, explode, throw for power. Then, try the variation of taking the stretch reflex out by holding the Ballistic Ball tight against your chest, DING/FLASH, explode and throw for power. We love these variations, especially for sports like football. The static throw from the chest adds specificity to a position like an interior lineman; whereas, a countermove and throw may be more relevant for a linebacker.



CLICK ON IMAGE FOR VIDEO

DO NOT THROW INTO A HARD WALL, THIS WILL VOID YOUR WARRANTY. Please see information about available options above in the Rotational Throw section.

Bench Throw

Works very similar to the Chest Throw, but you throw for power from a bench press position.

Wall Ball (squat to press)

This is another nice total body power movement with a different upper body action vs the Overhead Back Throw. Start with the Ballistic Ball held in the ready positon near the chest or sternum, DING/FLASH, squat down, explode up, press the Ballistic Ball up, throw for power. This movement is ideal when throwing up to a wall, but you could simply do this in an open space.



CLICK ON IMAGE FOR VIDEO

**NO SLAMS. THERE IS NO MOVEMENT EXERCISE WITHIN THE APPS CALLED A SLAM, SO DON'T DO IT.
THIS WILL VOID YOUR WARRANTY.**

Warranty

Your Ballistic Ball purchase includes a 1-year warranty. Assuming you use the Ballistic Ball within its intended use we will repair or replace free of charge during the warranty time. Your responsibility would be to ship the Ballistic Ball to us, upon inspection we will determine whether defects are covered within our warranty standard. Please keep in mind, we measure Force with the internal sensor. If it is determined that your returned product exceeds the reasonable force standard of the Ballistic Ball's intended-use you may not be eligible for a warranty exchange.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- 1) this device may not cause harmful interference, and
- 2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: THE GRANTEE IS NOT RESPONSIBLE FOR ANY CHANGES OR MODIFICATIONS NOT EXPRESSLY APPROVED BY THE PARTY RESPONSIBLE FOR COMPLIANCE. SUCH MODIFICATIONS COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.

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