

X-ZACK SWING TRAINER PRODUCT MANUAL



USER RECOMMENDATIONS:

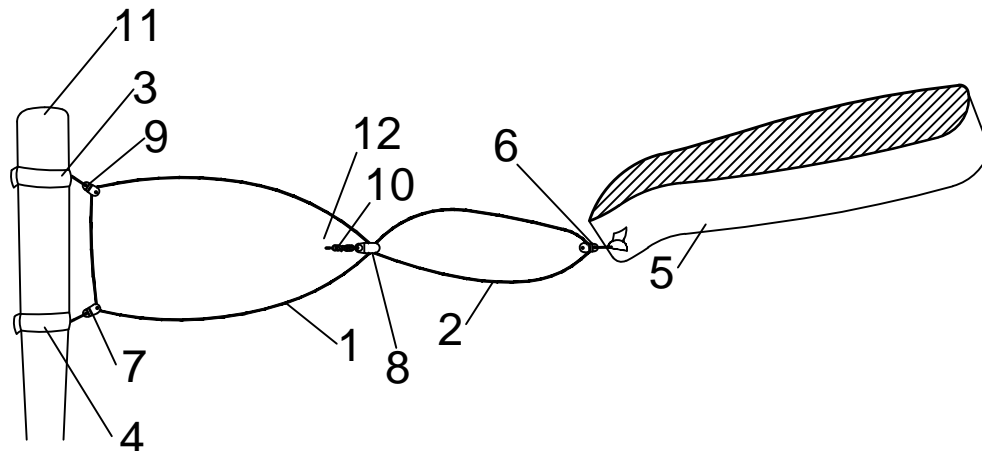
1. Using **THE X-ZACK SWING TRAINER** **Parental Supervision** is recommended. Recommended age group Packages : Youth/Pre-Adult boys 10 years-13 years, Ladies Youth Pre-Adults 12 years- up, Adults 14 years-up.
2. Baseball helmet, gloves, and protective eye wear is recommended when using **THE X-ZACK SWING TRAINER**.
3. Do not exercise with Band Tubing that is difficult to properly pull.
4. To prevent injuries we recommend that you use the exercise band tubing that is easily pulled until muscle core group is developed strong enough to exercise with the next pound level band tubing.
5. Keep exercise Band Tubing stored in cool and dry location to help extend the life of **THE X-ZACK SWING TRAINER**.

USAGE RECOMMENDATIONS:

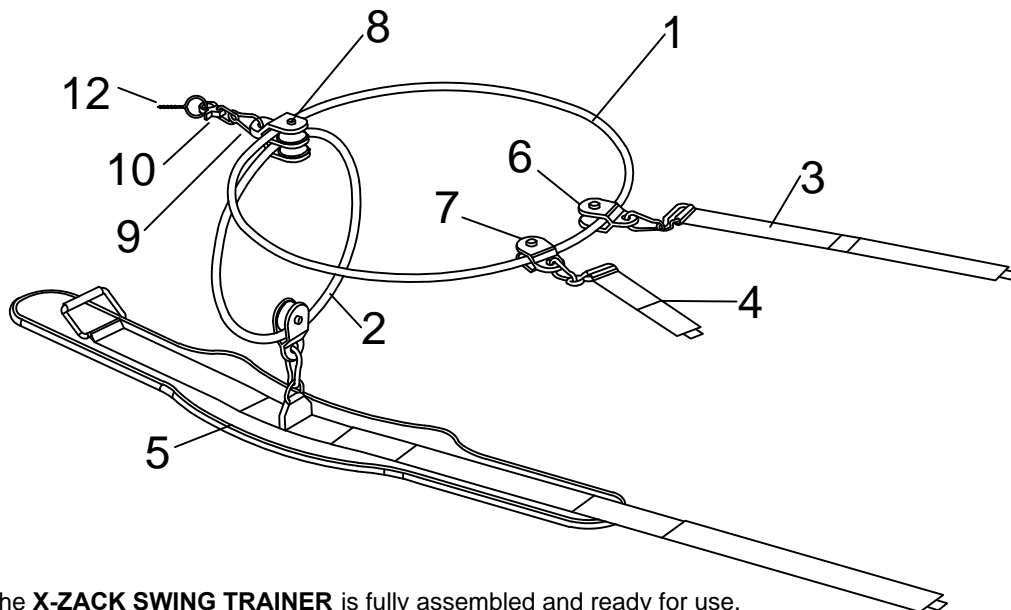
1. To receive maximum benefits we recommend (3 sets of 8 - 15 reps) using the Short, Medium, and Long Band Tubing a minimum of 3 days a week.
2. Be sure to exercise both right and left sides of the body to develop proper muscle core balance.
3. Start with the lighter resistance Band Tubing to make sure that you properly use **THE X-ZACK SWING TRAINER** and work up to heavier resistance Band Tubing.
4. Keep hands high through strike zone; do not drop hands when using **THE X-ZACK SWING TRAINER** to promote a correct swing.



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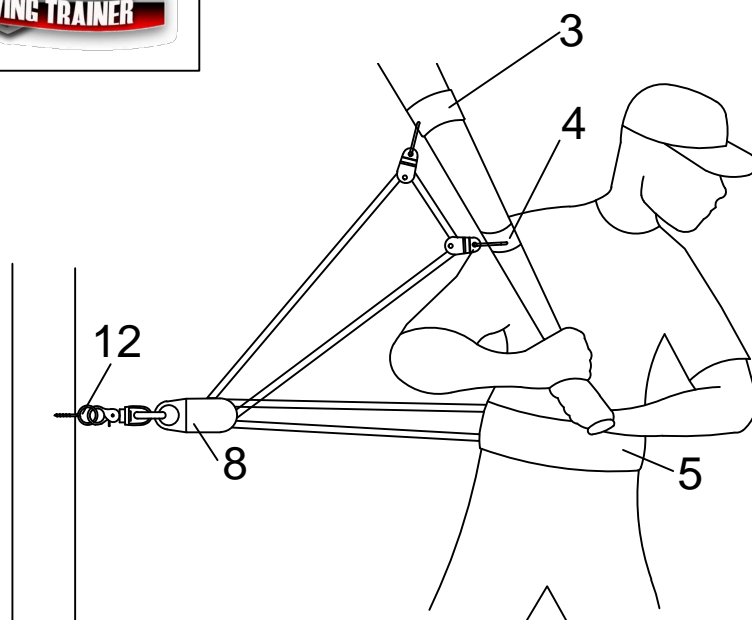
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|---|-------------------------|----|------------------------|
| 1 | BAT TUBING ASSEMBLY | 7 | SINGLE PULLEY |
| 2 | BELT TUBING ASSEMBLY | 8 | DOUBLE PULLEY ASSEMBLY |
| 3 | BAT BARREL VELCRO STRAP | 9 | SPRING SNAP |
| 4 | BAT HANDLE VELCRO STRAP | 10 | TRIGGER SNAP |
| 5 | MAIN BELT ASSEMBLY | 11 | BAT |
| 6 | SINGLE PULLEY | 12 | SCREW EYE |



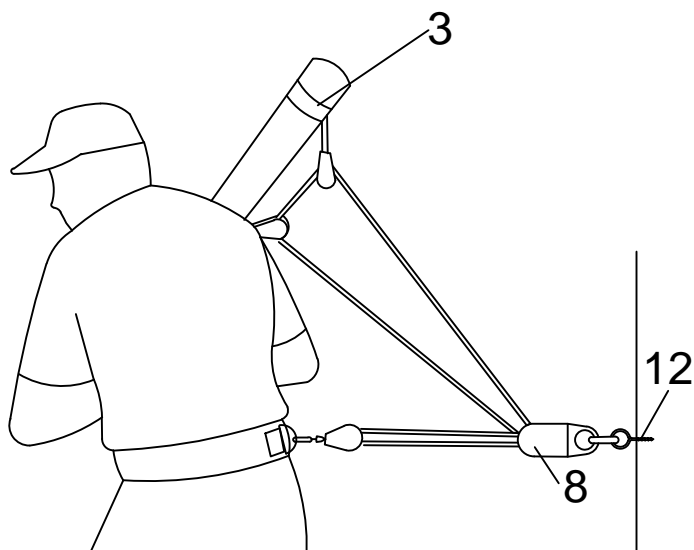
- 1) The **X-ZACK SWING TRAINER** is fully assembled and ready for use.
- 2) To attach the **X-ZACK SWING TRAINER** to the bat connect (3) Bat Barrel Velcro Strap and (4) Handle Velcro Strap to (1) Bat Tubing Assembly by attaching (9) Spring Snap that is connected to (7) Single Pulley to the ring on the Velcro Strap.
- 3) Next connect (2) Belt Tubing Assembly to (5) Main Belt Assembly by attaching (9) Spring Snap and (7) Single Pulley to (5) belt ring.
- 4) Finally connect (10) Trigger Snap to fence or stationary wood beam using (12) Screw Eye by inserting the Screw Eye into wood beam or pole and start training.



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FRONT VIEW W/ POLE
CONNECTION (Fig. 1)



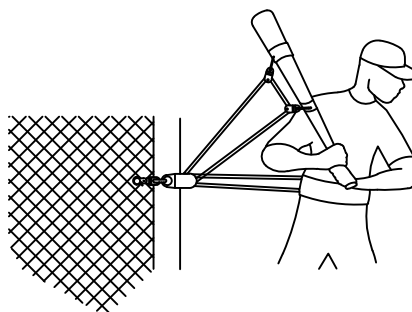
BACK VIEW (Fig. 2)

1) (Fig 1) Front view illustrates **X-ZACK SWING TRAINER** connected by Trigger Snap to Screw Eye which is inserted into a pole.

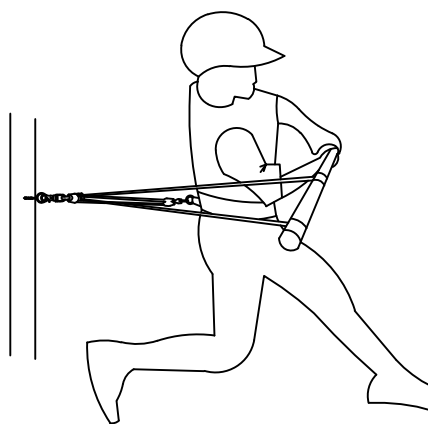
2) (FIG 2) Back view illustrates **X-ZACK SWING TRAINER** connected by Trigger Snap to Screw Eye which is inserted into a pole.



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FENCE CONNECTION
WITH TRIGGER SNAP
(Fig. 3)



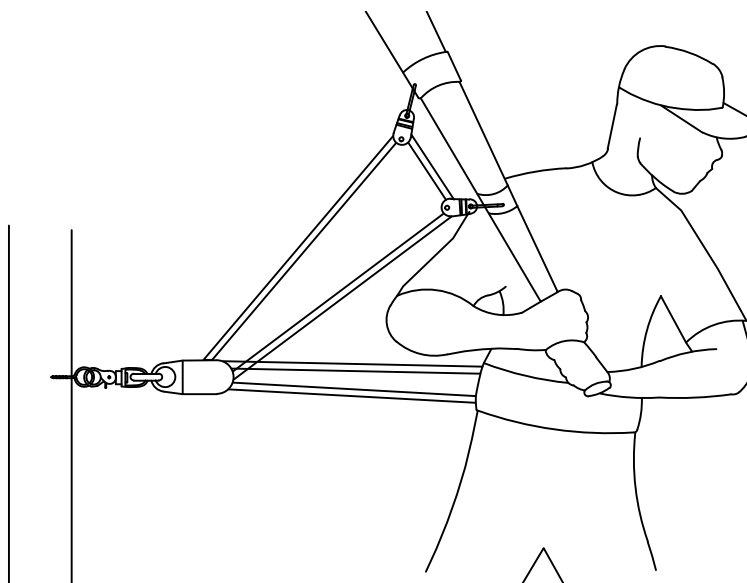
POLE CONNECTION
WITH SCREW EYE
AND SHORT BANDS
(Fig. 4)

- 1) (Fig 3) Illustrates **X-ZACK SWING TRAINER** connected to fence using Trigger Snap.
- 2) (Fig 4) Illustrates the use of the Short Band Tubing which is designed to develop quick hands and bat speed.

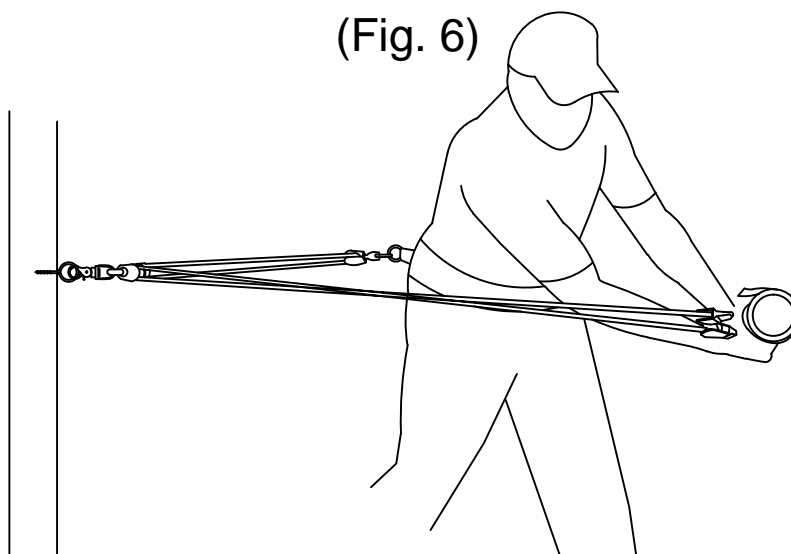


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MEDIUM BAND (Fig. 5)



EXTENDED SWING (Fig. 6)

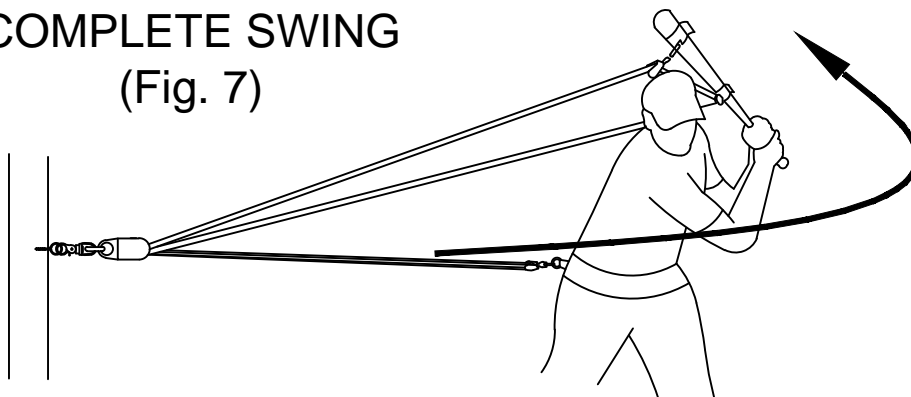


- 1) (Fig 5) Illustrates the **X-ZACK SWING TRAINER** medium band connected to Screw Eye inserted in a pole with Trigger Snap. Medium Band Tubing is designed to develop upper body muscle group, core muscle group, and lower body muscle group in the act of the swing which results in power at the plate.
- 2) (Fig 6) illustrates the use of the Medium Band with arms fully extended.



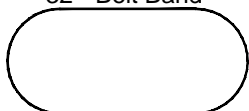
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LONG BAND COMPLETE SWING (Fig. 7)

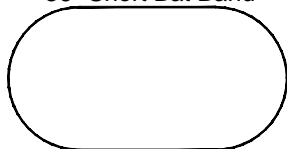


1) (Fig 7) Illustrates Long Band connected to pole using Screw Eye connected by Trigger Snap. Long Band Tubing is designed to develop the complete swing by emphasizing the ABC of the swing (down, through, and away) while working all muscles that are conducive to the baseball swing resulting in power at the plate.

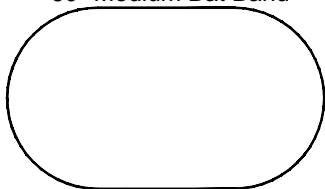
32" Belt Band



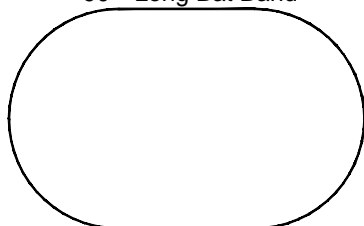
36" Short Bat Band



60" Medium Bat Band



90" Long Bat Band



Adult Version consists of four (4) bands.

- 1) Belt Band 32 inches in length.
The tension for Belt Band is 40lbs.
- 2) The short Bat Band 36 inches in length.
The tension for short Bat Band is 20lbs.
- 3) The medium Bat Band 60 inches in length.
The tension for medium Bat Band is 30lbs.
- 4) The long Bat Band 90 inches in length.
The tension for the long Bat Band is 20lbs.

Youth/Pre-Adult Version consists of four (4) bands.

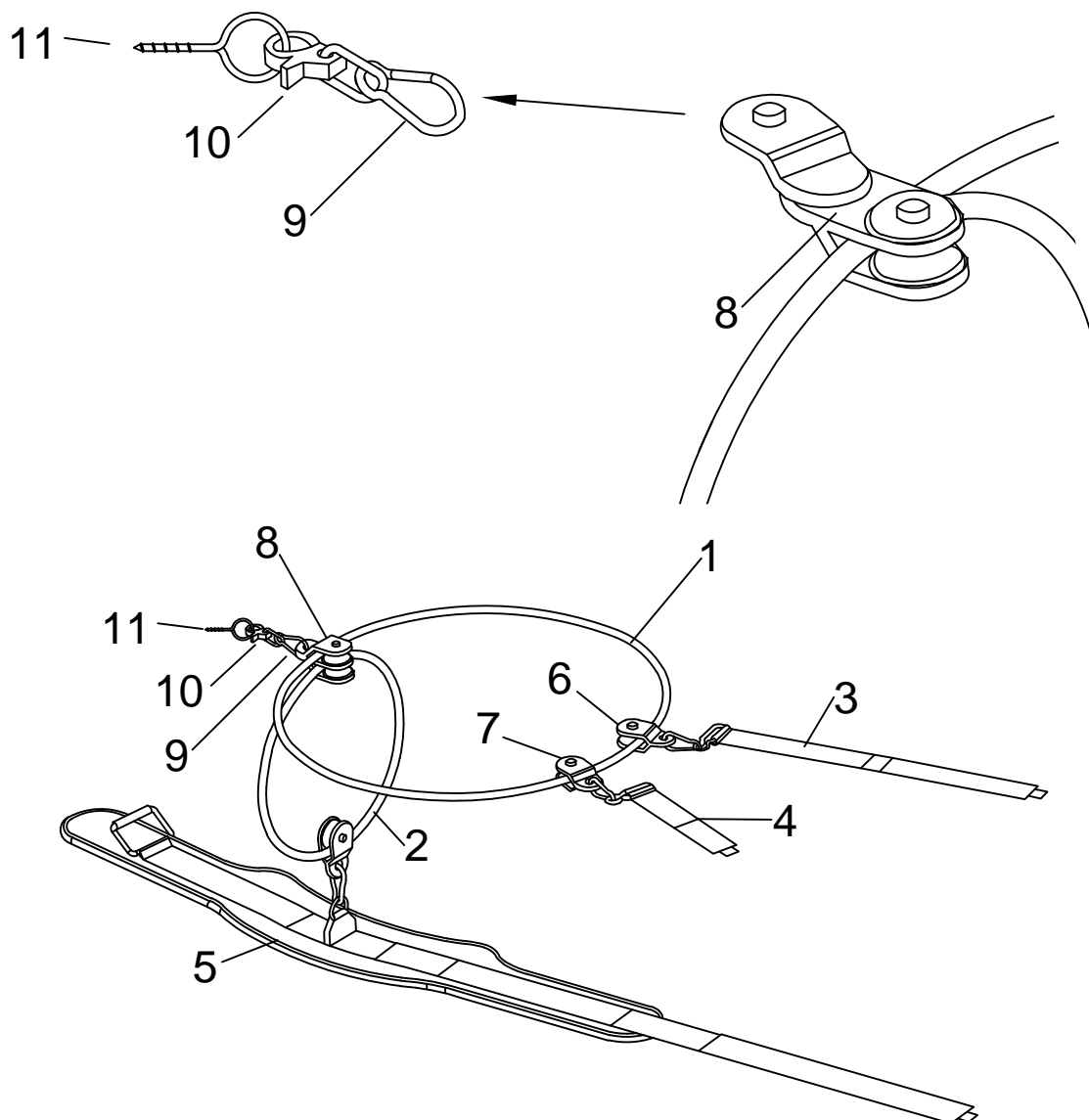
- 1) Belt Band 32 inches in length.
The tension for the Belt Band is 30lbs.
- 2) The short Bat Band 36 inches in length.
The tension for the short Bat Band is 15lbs.
- 3) The medium Bat Band is 60 inches in length.
The tension for the medium Bat Band is 20lbs.
- 4) The long Bat Band is 90 inches in length.
The tension for the long Bat Band is 10lbs.



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How to Change Bat Band Tubing:

1) Disconnect (9) Spring Snap, open pulley, and remove band tubing.



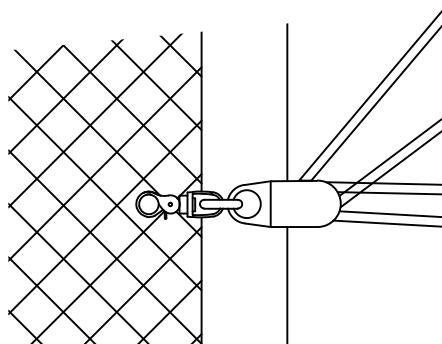
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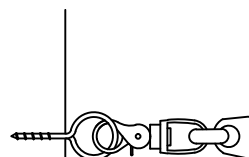
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Different ways to connect the **X-ZACK SWING TRAINER**:

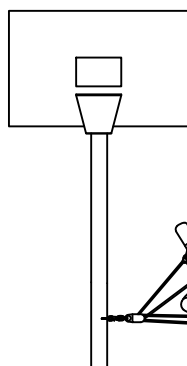
- 1) Fence: (using (10) Trigger Snap)
- 2) Wood Beam: (using (10) Trigger Snap inserted into (12) Screw Eye)
- 3) Truck or SUV tailgate latch: (using (10) Trigger Snap)



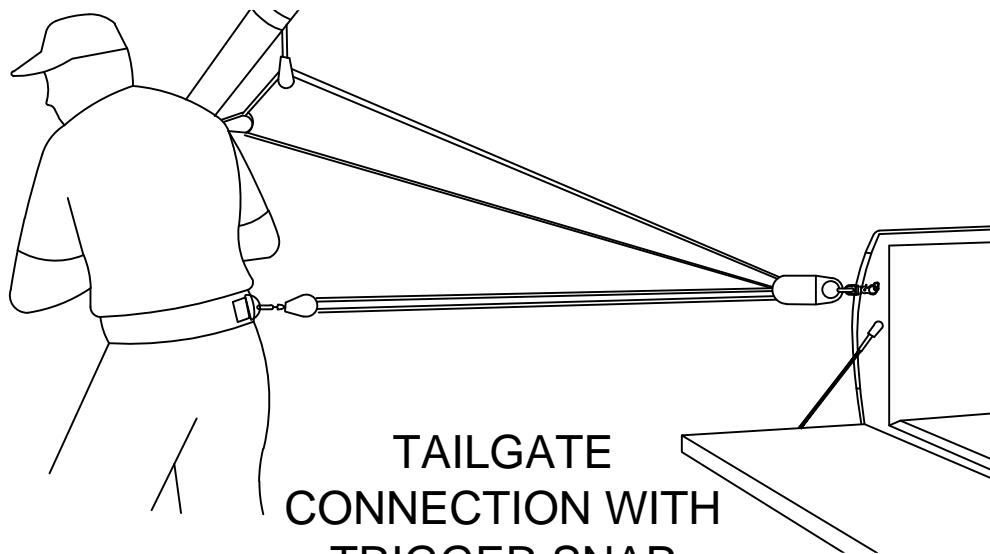
FENCE CONNECTION
WITH TRIGGER SNAP



WOOD BEAM
CONNECTION WITH
SCREW EYE



POLE CONNECTION
WITH SCREW EYE



TAILGATE
CONNECTION WITH
TRIGGER SNAP