

»PRACTICE»PLAY»WIN™



HIT-A-WAY®

THE #1 BATTING TRAINER OF ALL TIME

SET-UP & USAGE INSTRUCTIONS



Hit-A-Way Safety Information:



⚠ Important: Always wear a helmet: face guard recommended

Improper use of the Hit-A-Way can result in serious injury. Read and follow enclosed instructions for the proper and safe set-up and use of your Hit-A-Way before you begin:

- » Read all set-up and usage instructions carefully. Set-up and proper positioning are critical for the safe use of your Hit-A-Way.
- » Always inspect the Hit-A-Way before using. Do not use your Hit-A-Way if it appears to be damaged.
- » Using a practice bat is recommended. Repetitive use of the Hit-A-Way may cause damage to wood or high-end lightweight bats.
- » Children under the age of 16 should always have an adult present when using the Hit-A-Way.
- » If you swing beyond the ball and sleeve and into the cord, it is possible to lose control of the bat. While this event is unlikely, it may result in you striking yourself with the bat. (See page 3 for proper positioning)
- » Placing a home plate as a point of reference will help reduce the likelihood that you will step forward and swing into the cord.
- » An uppercut swing increases risk of the bat tangling in the cord.
- » This is a tool to develop form and mechanics. DO NOT swing aggressively!

Attaching Hit-A-Way to a Pole:

1. Find and secure a suitable hitting area, pole, tree etc. with approximately 12 feet of free space around pole in all directions. Do not attach to any street signs.
2. Take the hook and loop strap labeled Top Collar and unhook. Slide the collar out so you are holding the red tab in your left hand and the Hit-A-Way cable in your right. You should be able to read the instructions on the strap. Wrap the strap 5' to 6' high around a suitable pole with the rubber padding against the pole. Pull the red tab thru the metal strap connector. Wrap the strap back onto itself and secure the strap with the hook and loop fabric. Repeat on the bottom, with the approximately strap 2' from the ground.

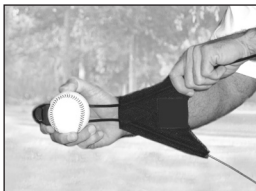
NOTE: If you have attached the collar correctly you should be able to read the instructions.

“Pitch” Height Adjustment Instructions:

Lowering the Height

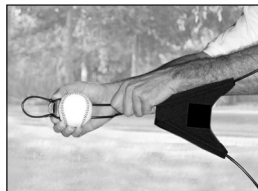


Step #1: To lower the ball to your desired hitting height, pull the sleeve back, away from the ball and push the lower cord out of ball while firmly holding the ball.



Step #2: Pull the excess cord back through the ball using the upper cord. (Repeat as desired). Once the adjustment is made, push the sleeve back so it butts up against the ball.

Raising the Height



Step #1: Pull the sleeve back, away from the ball and push upper cord out of ball. **Step #2:** Pull excess cord back through ball using the lower cord. Once the adjustment is made, push the sleeve back so it butts up against the ball.

Using Your Hit-A-Way:

1. Wind ball once around pole (clockwise for right handers) and pull ball and cord toward you. Fully extend cord and set home plate down (not included) so that the ball is over the center of the plate. Stand 2 feet back from home plate to hit the ball near the thick end of the bat. If the bat can reach the adjustment sleeve or beyond, you're too close - move back.
2. With the ball centered over home plate, throw ball forward towards imaginary pitcher until the cord winds up. The ball will wind around the pole 4 to 5 times.
3. Wait for the ball to unwind 3 to 4 times and hit the ball. If cords unwind completely, do not hit the ball; catch it and start over. This is critical, since swinging into the cord can cause you to lose control of the bat. Keep hitting as ball returns. (**Do not step toward pole after hitting.**)

NOTE: Never stand closer than 2 feet from plate to avoid bat tangling with cord.

4. Repeat and build a rhythm. You should strive for repeated, solid contact. Hit continually for a minute and build up the length of your hitting intervals as you improve your swing.



INCORRECT



CORRECT

90-DAY LIMITED WARRANTY – HIT-A-WAY®

Pro Performance Sports (PPS) warrants to the original consumer purchaser of any PPS product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective, and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS, return the product along with proof of the date of purchase (i.e. the packing slip), postage prepaid to the address below for replacement consideration:

Pro Performance Sports :: 5823 Newton Drive, Ste. 130 :: Carlsbad, CA 92008 :: Attn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to Pro Performance Sports require a Return Merchandise Authorization number (RMA). For returns to Pro Performance Sports and for all other Customer Service inquiries, please call toll free: 1-877-225-7275.

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U.S. Patent 6,514,161; 6,296,582;
6,716,119B1

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