

# CAUTION

**FAILURE TO OBSERVE NECESSARY SAFETY PRECAUTIONS, PROPER TRAINING METHODS, AND INSPECTION/MAINTAINANCE SCHEDULES CAN RESULT IN SERIOUS BODILY INJURY!**

**CAREFULLY READ AND FOLLOW THESE SAFETY INSTRUCTIONS**

1. Use Ball-Bellz at your own Risk!
2. Always Consult a Physician or Certified Trainer before beginning any Exercise Program.
3. Ball-Bellz is an Extended-Load Sports, Physical Therapy, and Fitness Training Tool with Interchangeable Parts.
  - a. Always Ensure Balls are Completely Secured Prior to EVERY Use, as Failure to do so could result in Flying Objects which can cause Bodily Injury and/or Property Damage.
  - b. Always Maintain a SAFE Swinging and/or Workout Area.
  - c. User Should Maintain a FIRM Grip of the Ball-Bellz at ALL TIMES. Failure to do so could result in Flying Objects which can cause Bodily Injury and/or Property Damage
4. Ball-Bellz is NOT a TOY and ONLY Intended for use under Adult Supervision.
5. Ball-Bellz is NOT a SEX TOY!
6. Ball-Bellz is NOT a PET TOY!
7. Ball-Bellz is NOT a WEAPON!
8. Do NOT use Ball-Bellz while Impaired by Alcohol or Drugs.
9. Discontinue use of Ball-Bellz Immediately if ANY Components are Worn or Damaged,
10. Discontinue use of Ball-Bellz if User Experiences ANY Discomfort or Pain of ANY KIND!
11. Only Ball-Bellz Balls should be used with Ball-Bellz Flex Rods.
  - a. Do NOT adapt or use ANY Additional Weights with this Device other than those supplied by the manufacturer.
  - b. Do NOT use any other Rod(s), other than those supplied by the manufacturer to use with Ball-Bellz Balls.
12. HAVE FUN!
13. BE SMART!
14. BE SAFE!