

RMT[®] Club

By ↯WeckMethod[®]



FITNESS

BASEBALL

TENNIS

GOLF

USER GUIDE

FOR SAFETY & PROPER USE PLEASE READ THE USER GUIDE THOROUGHLY BEFORE USING YOUR RMT[®] CLUB BY WECKMETHOD. FAILURE TO READ SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURY.

PRODUCT FEATURES

OVERVIEW



21"

(CIRCUMFERENCE) - 20.5"

**PATENTED
DESIGN FEATURES**

**ERGONOMICALLY
REINFORCED HANDLE**

**DURABLE &
FLEXIBLE CLUB HEAD**

**INTERNAL
SHIFTING WEIGHT**

Made in the USA, the RMT[®] Club is used by professional athletes and everyday fitness enthusiasts alike due to its versatility and unique training benefits. Its patented design opens new avenues for functional training by improving functional strength, rotational power, mobility, coordination, core strength, and conditioning. Whether it's used to condition and strengthen your entire body, focus on specific regions of the body (core, back, shoulders, arms, legs), or for sport specific training (golf, baseball, tennis etc.), the RMT[®] Club is a go-to training tool that gets the job done.

Giving it the ability to connect multi-directional movement and increased range of motion

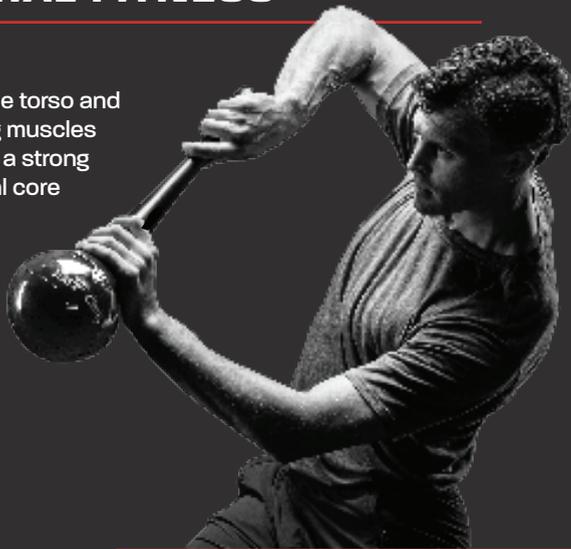
Giving it the ability to absorb maximum impact

Giving it the ability to create dynamic resistance, act as a counter-weight, and provide audible feedback for proper positioning, timing, and coordination

GENERAL FITNESS

CORE

Develops the torso and surrounding muscles to establish a strong foundational core



GENERAL FITNESS

CONDITIONING

Engages and connects your entire body to perform highly explosive movements quickly and continuously for max cardio output



MOBILITY

Improves range of motion, joint function, and shoulder mobility while reducing chance of injury



STRENGTH

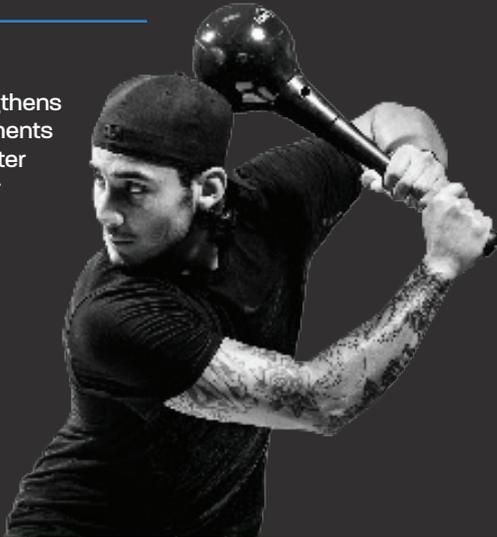
Integrates your entire body through multidimensional movements



SPORTS

BASEBALL

Builds and strengthens essential components needed to hit better and throw farther



GOLF

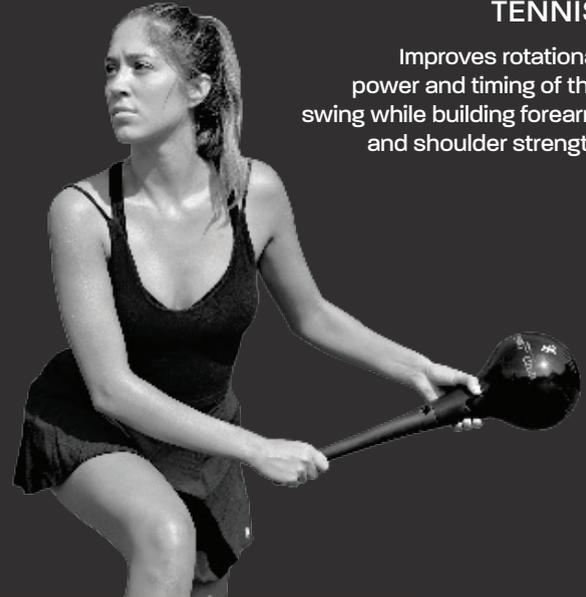
Improves club head speed, power, core strength, rotation and balance to hit the ball further



SPORTS

TENNIS

Improves rotational power and timing of the swing while building forearm and shoulder strength



AND MANY MORE

Also effective for basketball, football, boxing, hockey, and many more.



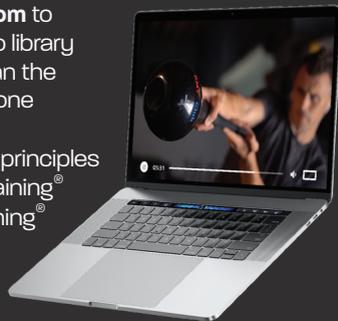
PROGRAMMING

Comes with exercise and drill videos from general exercise to sport-specific, accessible via all devices.

Try www.weckmethod.com to explore an extensive video library of exercise content, or scan the QR code with a mobile phone

The RMT[®] Club explores 4 principles

- Rotational Movement Training[®]
- Non-Dominant Side Training[®]
- Total Body Integration
- Tensional Balance[®]



GET A GLIMPSE OF WHAT THE RMT[®] CLUB CAN DO.

Scan to explore **free** online video training video content

INFLATION

During shipping or use air may escape from the unit leaving an indent, especially with high intensity exercises. If this occurs, these are the steps necessary to reinflate the unit:

1. If the indent occurs during use wait until the unit has cooled down so it is not warm to the touch.
2. Find the valve housing located on the portion of the Club head directly below the handle. (FIG. A)
3. Insert a ball pump* (ex. basketball, football or soccer pump) into the valve located on the Club head directly above the handle and reinflate. (FIG. B) (*pump not included)
4. **DO NOT OVERINFLATE UNIT.** Never inflate the Club head so the unit is unable to stand upright (handle up). The Club head should never be inflated to the point where the concaved portion (located at the bottom of Club) is rounded or has lost shape. After reinflation, make sure the RMT[®] Club is able to stand up by itself. If not, deflate until the unit is able to stand upright. (FIG. C)



CARE & STORAGE

Your RMT[®] Club by WeckMethod has been designed to require minimal maintenance for enjoyable use. To ensure this, we recommend:

1. When you first receive your RMT[®] Club you may notice a flat spot on the club head from the shipping process. This flat spot will round out through normal club use, or you can proactively push inwards on the boundaries of the flat spot to round it out. If the indent is significant, you can reinflate using the instructions found in the inflation section.
2. Keep your RMT[®] Club clean. Wipe sweat, dust, or other residue off of the Club during and after each use with a towel. Water and a mild soap may also be used to clean the head and handle.
3. Store your RMT[®] Club safely after use. Do not store the RMT[®] Club in direct sunlight, near heat sources, or in freezing temperatures.
4. **DO NOT UNSCREW THE RMT[®] CLUB HANDLE.** In the unlikely event the handle screws do become loose, carefully tighten back to a firm position. Do not over-tighten, as this may strip the screw or the screw housing.

SAFETY INSTRUCTIONS

WARNING

FAILURE TO READ AND FOLLOW THE SAFETY WARNINGS STATED AND THE INSTRUCTIONS IN THIS OWNER'S MANUAL AND OR VIDEOS MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH.

WARNING: KEEP A CLEAR & SAFE DISTANCE FROM OTHERS

Prior to using the Club ensure appropriate space (especially overhead and in multiple directions). It is recommended that each person have at least a 3-foot radius of space surrounding them in all directions. It is extremely important to **keep a clear and safe distance from others, and always remain conscious of your immediate surroundings. If you ever feel you are losing control, are not comfortable with the exercise, or are having difficulty gripping the RMT[®] Club, immediately stop the exercise.**

SAFETY INSTRUCTIONS

Read and follow the guidelines in this manual before performing any of the RMT[®] Club exercises provided in the manual, videos and other content. A correct exercise technique will help you get the results you want and keep you exercising safely. Do not use your RMT[®] Club until you have read this entire manual completely.

Before starting this or any exercise program consult your physician. Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Your physician can also help you determine if you have physical limitations that could create a health risk or prevent you from properly using this equipment.

Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, those with preexisting health problems, orthopedic conditions, or balance impairments. If you are taking medication that may affect your heart rate a physician's advice is essential.

Handicapped or disabled people must have medical approval before using this equipment and should be under close supervision when using any type of exercise equipment.

When performing RMT[®] Club exercises **do not overexert yourself.** Listen to your body and respond to any reactions you may be having. You must learn to distinguish general muscle fatigue from harmful pain that implicates potential injury. **Never perform any exercise that you feel may cause injury or re-aggravate an existing injury. If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath stop exercising at once and consult your physician immediately.**

Before each use visually inspect the equipment. Never use the equipment if parts are missing or if the equipment is not functioning properly.

SAFETY INSTRUCTIONS

Use this equipment only for the intended use as described by the manufacturer. **Do not** modify the equipment or use attachments not recommended by the manufacturer.

Because some of these exercises deal with range of motion and movement be sure to emphasize technique and Club control over power and speed.

The RMT[®] Club is not a toy and should only be used by children when adult supervision is present.

CLUB CONTROL

Always maintain control of the Club, especially when swinging overhead in a circular motion. If at any time you feel you are not in control of the Club immediately stop the exercise.

GRIPPING

If you feel the Club getting slippery stop the exercise and wipe the handle dry. During the course of any exercise, keep a towel handy and always wipe away any perspiration that may **affect your ability to grip and hold the Club.**

LIMITED WARRANTY

For a period of 1 year from date of purchase WeckMethod warrants that the product is free from defects in materials & workmanship.

This warranty applies only when the product is used in accordance with the care and use guidelines in this manual. This warranty only applies when purchase of the product is from an authorized dealer and is for personal, household, or commercial fitness use.

A proof of purchase is required. This product warranty is not transferrable. this Warranty is only valid in the USA.

In order to obtain service under the warranty use the following procedure:

Contact Customer Service at (619)222-2604 or info@weckmethod.com

Provide the following information:

- Return address
- Daytime phone number
- Email address
- Brief statement concerning the part in question
- Your Order # (if ordered directly from WeckMethod.com) and/or copy of proof of purchase

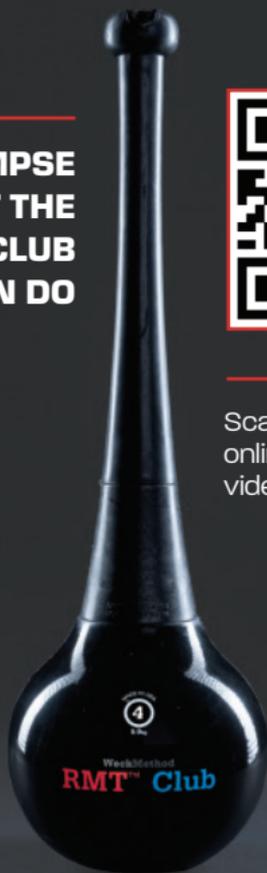
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SAN DIEGO, CA 92101

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