



## WALL BALL SAFETY GUIDELINES

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American Barbell Wall Balls are intended for use as a tool during range of motion, rehabilitation, strength, and power training. The high quality stitching and filling keeps the ball stable in flight as well as comfortable to catch and throw.

While we use the highest quality triple layer material and stitching techniques, the wall ball is NOT designed or intended to be sat or laid on for weightlifting exercises.

This ball is not a slam ball. Using it as a slam ball voids the warranty and decreases the usable life of the ball. Avoid letting the ball hit the ground from high heights or landing on pavement, as this will decrease the integrity of the ball over time.



### DISCLAIMER

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All exercise may cause injury. American Barbell, LLC is not responsible for the choice of exercise or programming and will not be responsible for any injuries as a result of improper training or use. Anyone using American Barbell's equipment personally assumes full responsibility for any and all damage or injury which may result from the use of any equipment purchased from American Barbell, LLC.