



# HURRICANE CATEGORY 4

# SKLZ

## INSTRUCTION MANUAL

**INCLUDES:**

- » Hurricane Category 4
- » Ground stakes (4)
- » Home plate
- » Carry bag
- » Power bands (4)

Thank you for choosing SKLZ Hurricane Category 4. We are dedicated to providing you with the best tools and instruction possible to help you unleash your athletic potential. If there is anything else we can do to help you optimize your training, don't hesitate to send us an email ([customerservice@sklz.com](mailto:customerservice@sklz.com)) or give us a call (1-877-225-7275).

### BEFORE YOU BEGIN:

- » Read all set up and instructions carefully.
- » When done, disassemble the Hurricane and store after use. Do not leave outdoors.
- » Make sure no one is near the batter or the Hurricane impact head circular path of movement. Never hit the impact head toward people. Always hit the impact head toward an open unoccupied area, a fence, a wall, etc. A "safety clearance zone" with a radius of 24 feet is required while using this machine.
- » Make sure to maintain the 24 ft. clearance "safety zone" while using the machine. No one except the batter should be inside the "safety zone". Should anyone else enter the "safety zone," the batter must stop hitting the machine immediately.
- » Never adjust the Hurricane machine's height without removing the power bands.
- » When adjusting the machine's height, hold the impact head component. Never touch the machine's rotational axle when adjusting the height.
- » When installing the Hurricane machine's power bands, always hook the power band on the bottom hook first. Use your foot to hold the machine in place when installing a power band.
- » Batters should frequently check their distance and location in relation to the impact head to insure proper contact can be made. At no time should the batter make contact with the shaft of the impact head. The batter should hit only the ball at the end of the impact head. The shaft is made of an extremely durable material. However, repeated contact with the shaft may cause breakage.
- » Before using the machine, the adult supervising should always do the following:
  - a. Inspect the impact head for damage or signs of failure.
  - b. Make sure all knobs are tightened properly.
  - c. Make sure that no one is near the machine or the batter.
  - d. Make sure that the impact head is not going to be hit toward anyone.
- » For indoor use, it is recommended that the machine be placed on a mat or rug to protect the surface of the floor. Sandbags should be used to prevent the machine from moving when it is used indoors. Ground stakes should be used to prevent the machine from moving when it is used outdoors.

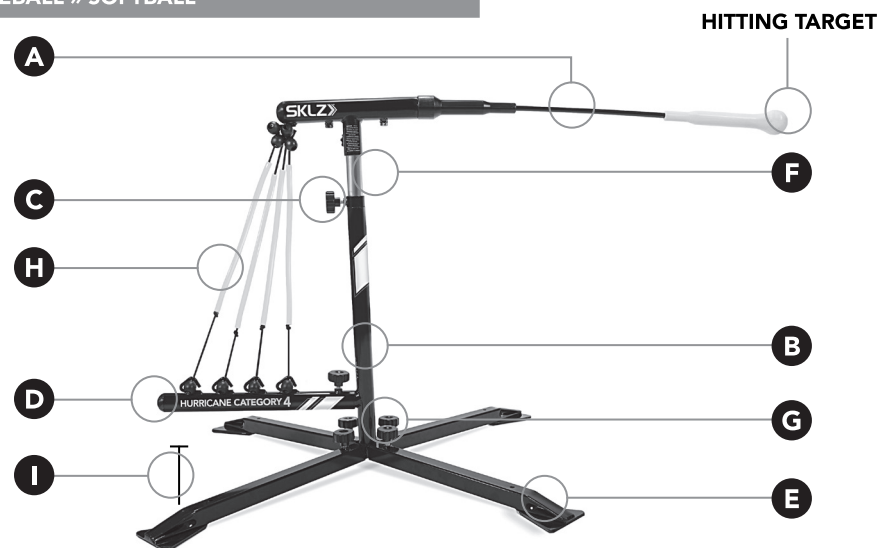
### WARNING:

- » The use of this product requires **adult supervision at all times**.
- » Use of this product in a manner other than described in this manual can lead to serious injury for which the manufacturer and/or distributor will not be held liable.
- » Only use a practice bat.
- » Wear a batting helmet with a face guard at all times while using this product.
- » Not suitable for children under 5 years of age.
- » Never release the resistance bands while under tension! Sudden release will cause the band to snap toward you and potentially cause significant injury, disfigurement or death. To avoid strangulation keep out of reach of small children.
- » Keep away from fire and water sources.

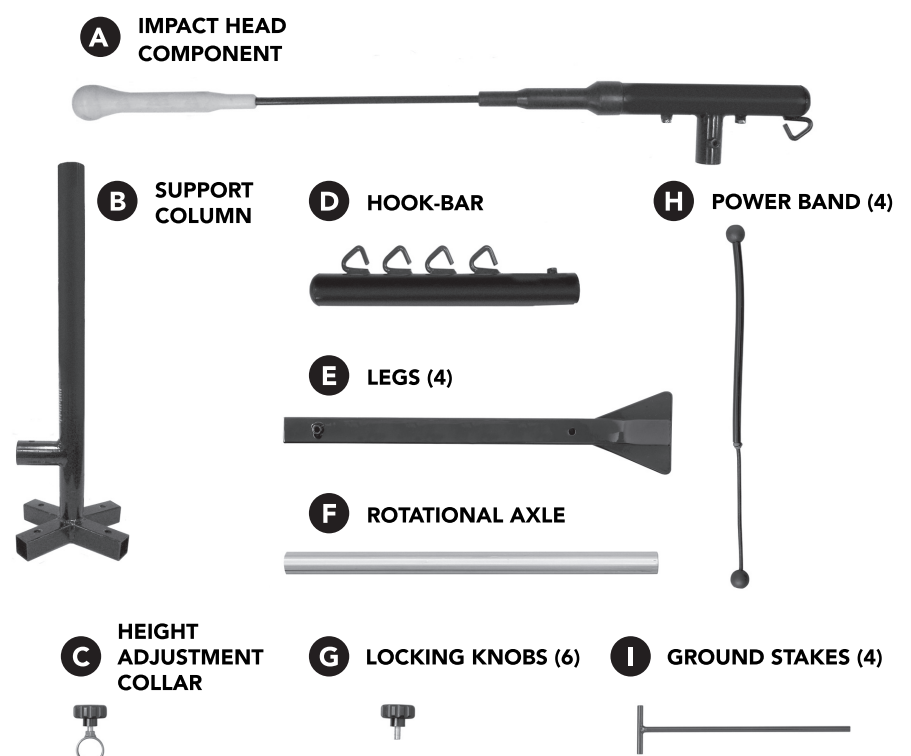
**LATEX WARNING:** The power bands contains latex, which may cause allergic reactions (possibly life-threatening) in some people. Seek medical attention at the first sign of any allergic reaction.

## HURRICANE CATEGORY 4

IS PERFECT FOR:  
» BASEBALL » SOFTBALL



### HURRICANE CATEGORY 4 PARTS:



**LIMITED WARRANTY**

REGISTER YOUR PRODUCT AT SKLZ.COM  
TO ENSURE WARRANTY  
COVERAGE, GET NEW PRODUCT  
INFORMATION AND SPECIAL DEALS  
FROM SKLZ

Pro Performance Sports (PPS) / SKLZ warrants to the original consumer purchaser of any PPS/SKLZ 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/SKLZ, return the product along with the packing slip (proof of purchase) postage prepaid to the address below for replacement consideration. Label: Attn: Returns

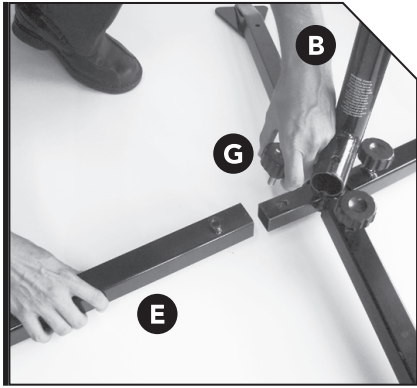
This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS/SKLZ require a Return Merchandise Authorization number (RMA). For returns to PPS/SKLZ and for all other Customer Service inquiries, please email [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free, 1-877-225-7275 for a return authorization number for any exchange.

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**IDEA SUBMISSION**  
If you have an idea for a new and innovative sports training product, visit SKLZ.com to submit your concept. Some restrictions may apply.

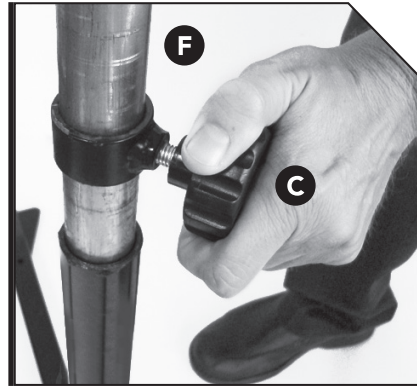
PATENT #:  
6,458,037





## STEP 1 INSTALL EACH LEG & LOCKING KNOBS

1. Make sure that you have a level surface to assemble your machine. Place each leg (E) onto a square leg receiver of the support column (B) with the knob-nut on top.
2. Slide the leg as far onto the receiver as it will go.
3. Place a knob (G) into each leg and tighten it until the leg is locked securely in place.
4. Check each leg to insure that it is tight and does not move.



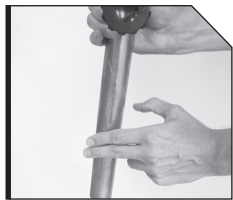
## STEP 2 PUT THE HEIGHT ADJUSTMENT COLLAR ONTO THE AXLE

1. The axle (F) is shipped inside the support column and must be pulled up to slide the height adjustment collar (C) onto it. Place two fingers inside the axle and pull it up at least 6 inches.
2. Slide the collar onto it and tighten the adjustment knob locking the collar securely into place.

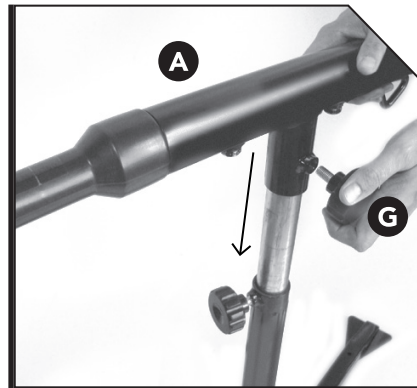
**CONSUMER NOTICE:** The Hurricane's axle comes greased; however, to extend the life of the product, we suggest re-greasing after each season or when necessary.

To lubricate the axle, grab the top component and pull the axle up and out of the machine's support column. Apply grease to the axle below the height adjustment collar. Spin the top component completely around several times to evenly spread the grease. Carefully slide the axle back into the support column. Always leave your axle inside the column.

### GREASE APPLICATION

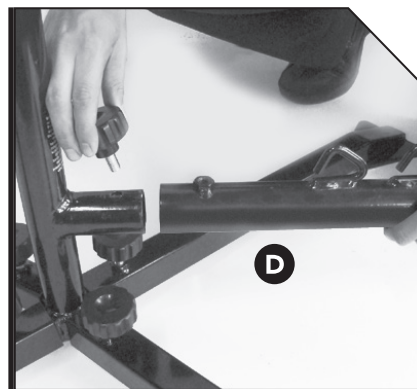


The grease used for this application is the heavy-duty wheel axle grease that can be purchased at any auto parts store or automotive section of any mass merchant store.



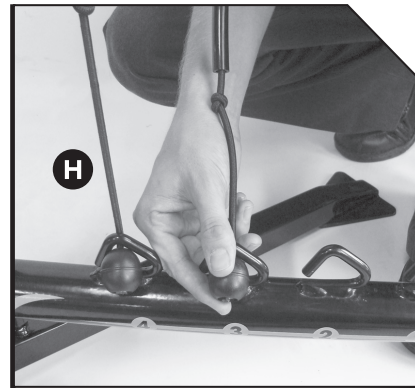
## STEP 3 INSTALL THE IMPACT HEAD & SECURE IT

1. Slide the impact head component (A) down onto the top end of the axle. Put an adjustment knob into it and tighten the knob securing the top component onto the axle.



## STEP 4 INSTALL THE HOOK-BAR & SECURE IT

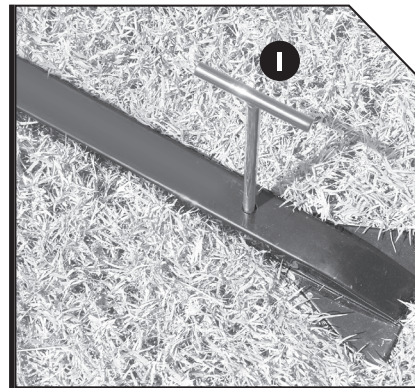
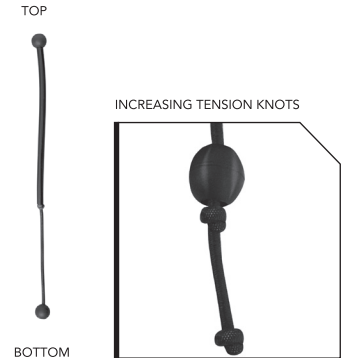
1. The hook-bar (D) has four hooks on it. It serves as the machine's bottom connection for the power bands. Slide the hook-bar onto the round receiver extending from the back of your support column.
2. The hooks should be on top. Using an adjustment knob, tighten to secure it in place. Line up the impact head component over the hook-bar, so the top hook is directly over the bottom four hooks of the hook-bar.



## STEP 5 INSTALL POWER BANDS - ADJUST LENGTH IF NECESSARY

1. The power bands (H) are the black bungee cords with black plastic balls. The plastic balls connect to the machine using the hooks on the impact head component and hook-bar. Connect the bottom of the power band to the bottom of the Hurricane on the hook bar.
2. Then connect the top ball to the top on the hook located on the impact head component. If using the Hurricane for the first time start with one power band on the machine.

**NOTE:** To increase tension, knots can be tied on the power bands to adjust the height. Slide the bottom plastic ball up on the cord and tie another knot. Now slide the ball over the knot.



## STEP 6 ANCHORING YOUR MACHINE DURING USE

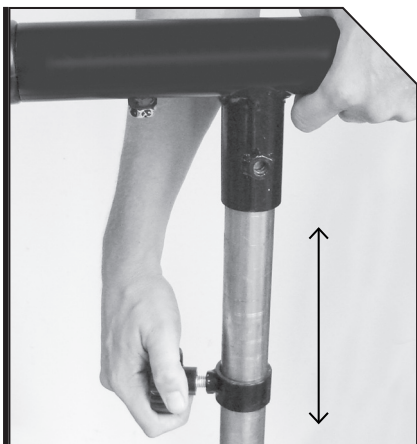
1. Before setting your machine up for use, choose a location indoors or outdoors that has sufficient space to allow an adequate "24 ft. safety zone" during use. To anchor your machine on a hard surface, indoors or outdoors, use sandbags filled with sand.
2. You should use the Hurricane machine's ground stakes (I) for outdoors. The ground stakes are inserted through the holes in each leg of the machine. You may have to use a hammer to "drive" the ground stakes into the ground if the ground is hard. Using sand bags and ground stakes prevents your machine from moving during use. Once your machine has the sandbags or ground stakes in place, the machine is ready for use.

**Make sure to read and follow the instructions before choosing a location for using your machine. Remember to always make sure to clear your "safety zone" before using your machine.**

### NOTICE

The Hurricane Machine's energy source is the "wrapping and unwrapping" of the power bands. The power bands must be allowed to unwrap before the batter hits the impact head. Failure to allow the power bands to unwrap between swings will continually stretch and stress the power bands until they fail. Therefore, make sure the batter understands that allowing the power bands to unwrap is the only way for this machine to work correctly. Misuse is not covered under the warranty provisions. To extend the life of the power bands, remove them from the Hurricane when not in use.

## ADJUSTING YOUR HURRICANE TO YOUR NEEDS



### STRIKE HEIGHT ADJUSTMENT

1. You can change the height of the impact head in seconds. First, remove the power bands one at a time. (Unhook the power band at the top first.)
2. Next, with the power bands removed, holding the machine by the back of impact head component loosen the height-adjustment-collar knob with the other hand. Slide the machine up or down to the desired height and tighten the knob to secure the collar and lock the machine at the height chosen.
3. Install the power bands one at a time. (Connect the power band on the bottom first.) If you need to change the tension on a power band, slide the bottom plastic connector ball up the cord and tie another knot.



### STRIKE LOCATION ADJUSTMENT

1. Your machine allows you to practice hitting every possible strike location. The machine is always anchored and never moved. While in use you should use ground stakes or sandbags to stabilize your machine. The batter changes strike location by relocating and repositioning to a different angle to the machine's impact head.



### SPEED ADJUSTMENT

1. The power bands are the speed adjustment mechanism for your machine. You add a power band to increase speed and you remove a power band to decrease speed. Always follow the instructions when adding or removing power bands. Younger players may need to begin with a single power band to allow them to adapt to the speed of the impact head rotation.

# VARIOUS STRIKE LOCATIONS & ANGLES



## MIDDLE STRIKE CONTACT

1. The batter assumes a stance and position that allows the batter to hit the impact head over the middle third of the plate. (See below)
2. The batter is at a proper distance from the impact head to insure that proper contact is made with the impact head component and not the shaft.
3. The batter should assess the quality of each swing by observing the reaction of the impact head upon contact. The batter should be able to determine if a ground ball, fly ball, or line drive was hit. The batter can also assess the power by observing how many times the impact head rotates upon contact. Notice the angle of the batter's feet and body.
4. Each time the impact head returns, the batter will hit the impact head. The impact head may be hit while moving or from a still position like a hitting off a tee.



## INSIDE STRIKE CONTACT

1. The batter assumes a stance and position that allows the batter to hit the ball on the inner third of the plate. (See below) The batter will practice "pulling the ball". The batter makes sure to get maximum lower-body involvement by using good hip rotation.
2. The batter is at a proper distance from the ball to insure that proper contact is made with the ball component and not the shaft.
3. The batter should assess the quality of each swing by observing the reaction of the ball upon contact. The batter should be able to determine if a ground ball, fly ball, or line drive was hit. The batter can also assess the power by observing how many times the ball rotates upon contact. The angle of the batter's feet and body allow the batter to practice "turning on the inside pitch".
4. Each time the ball returns, the batter will hit the ball. The ball may be hit while moving or from a still position like a hitting off a tee.



## AWAY STRIKE CONTACT

1. The batter assumes a stance and position that allows the batter to hit the impact head on the outer third of the plate. (See below) The batter will practice "hitting the ball to the opposite field". This is the exact same location that the batter should attack the off-speed pitch.
2. The batter is at a proper distance from the impact head to insure that proper contact is made with the impact head component and not the shaft.
3. The batter should assess the quality of each swing by observing the reaction of the impact head upon contact. The batter should be able to determine if a ground ball, fly ball, or line drive was hit. The batter can also assess the power by observing how many times the impact head rotates upon contact. The angle of the batter's feet and body allow the batter to practice "hitting to the opposite field".
4. Each time the impact head returns, the batter will hit the impact head. The impact head may be hit while moving or from a still position like a hitting off a tee.



## HIP ROTATION DRILL

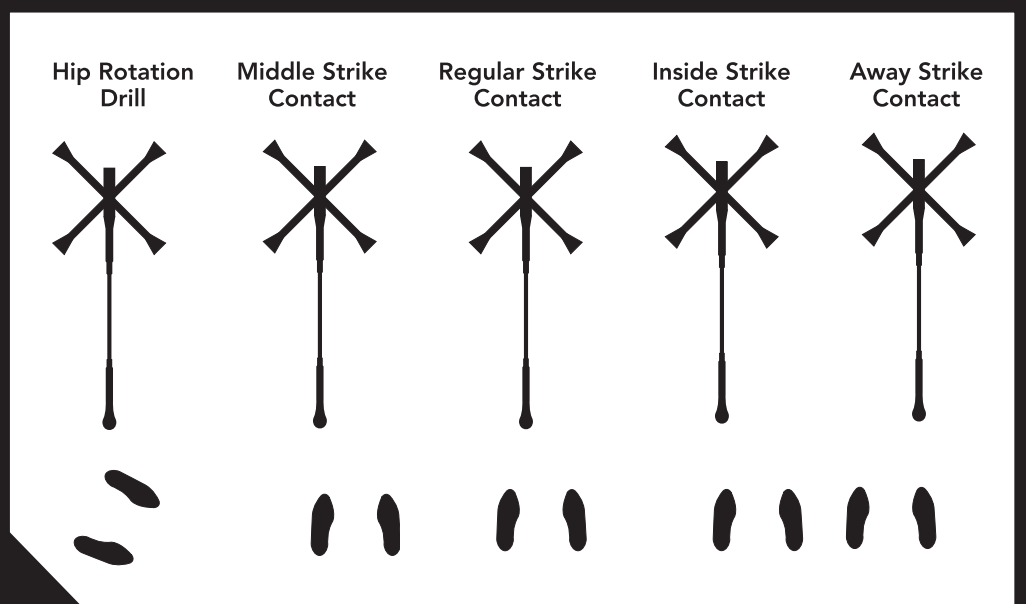
1. "Hip rotation" is a vital part of power hitting. A hitter can generate incredible power by learning to incorporate the lower-half of his or her body into the swing.
2. The batter assumes a position that places the body and feet at an angle facing away from the Hurricane machine. (See below) The impact head is directed at the batter's "hip pocket". Many people call this drill the "hip-pocket" hitting drill. The batter must take a step, turn and drive the hips through, in order to make strong contact with the impact head.
3. The batter is at a proper distance from the impact head to insure that proper contact is made with the impact head component and not the shaft.
4. The batter should assess the quality of each swing by observing the reaction of the impact head upon contact. The batter should be able to determine if a ground ball, fly ball, or line drive was hit. The batter can also assess the power by observing how many times the impact head rotates upon contact.
5. Each time the impact head returns, the batter will hit the impact head. The impact head may be hit while moving or from a still position like a hitting off a tee.

### NOTICE

PROPER "BATTER-TO-MACHINE" POSITIONING IS VITAL WHEN USING THE HURRICANE

### RIGHT -HANDED BATTERS (LEFT-HANDED BATTERS DO THE REVERSE):

- » Shown are the proper angles and positions for each of the various drills. Batters should always locate at an angle that directs the ball rod toward the batter's front leg. This angle ensures proper ball contact without hitting the shaft.
- » Special attention should always be given to making sure each practice swing is performed correctly. The batter should read each swing's contact to access the swing quality and power. Correction should be made when needed. It is better to work at a slower pace with quality swings than to work too fast and to have poor swing quality.
- » The batter should always take the time to assume a proper stance and use correct mechanics.
- » Batters should practice hitting all possible strike locations. The Hurricane allows you to choose a precise location to practice hitting.
- » The machine rotates in an 7 ft. circle. Make sure your safety zone is clear.
- » Always check each component of the machine before use to make sure each is in proper working condition.
- » Before using the Hurricane, read the safety rules. Always follow those rules during assembly and use.





This workout is the absolute best batting practice available today. The workout covers all mechanics and skills required for hitting success. The batter spends just 20 minutes a day, 3 days a week, to become a hitter that dominates at the plate.

NOTE: Each drill targets a specific part of the body to build strength.

## NOTICE

Batters should always stretch and warm-up adequately before hitting the Hurricane machine

## TOP HAND - 10 SWINGS

1

Batter should work fast taking swings as quickly as possible. Each swing counts whether the bat hits the impact head or not.

One-handed drill builds strength and skill.

**OBJECTIVE:** The "Top-Hand" drill builds and develops arm strength in the wrist, forearms and biceps. The drill is used to improve hand-eye coordination of the top hand.

**PROCEDURE:** The batter will hit the impact head using only the batter's top hand. The batter may "step into the ball" and use the lower body, hips and legs to help generate more power with these one-handed swings.

**RECOMMENDED NUMBER OF SWINGS:** Beginners should begin with 10 swings. Each week the batter should add 10 more swings until the batter can take 60 swings with a bat of normal weight. Advanced hitters may wish to use a weighted bat and increase the number of swings taken.

**TRAINING TIP:** The bat will always go where the top hand takes it with the power generated by the bottom-hand. Players perform the "Top-Hand" drill with the top hand in its normal position on the bat grip. There should be an effort made to take a short, compact, and deliberate swing that perfectly hits the "bulb" of the impact head. This drill can be performed with a still or moving impact head. The batter may wish to kneel and perform this drill on one knee to make the arms muscle work above the shoulder thus building more strength.

## BOTTOM HAND - 10 SWINGS

2

Batter should work fast taking swings as quickly as possible. Each swing counts whether the bat hits the impact head or not.

One-handed drill improves bat speed and power.

**OBJECTIVE:** To build and develop wrist, forearm, and muscle strength in the batter's "bottom or pull hand". The bottom hand generates the swings power and bat-speed.

**PROCEDURE:** The batter will hit the impact head using the batter's bottom hand on the bat grip. The batter may "step into the ball" and use the lower body, hips and legs to help generate a more powerful swing.

**RECOMMENDED NUMBER OF SWINGS:** The batter will hit the impact head using the batter's bottom hand on the bat grip. The batter may "step into the ball" and use the lower body, hips and legs to help generate a more powerful swing.

**TRAINING TIP:** The batter should perform this drill with the "pull or bottom hand" in its normal position on the bat's grip. There should be an effort made to take a short, compact, and deliberate swing that perfectly hits the "bulb" of the impact head. This drill can be performed with a still or moving impact head. It is recommended that this drill be performed with the impact head set at its highest level possible to make the batter utilize the muscles of the arm rather than using gravity to move the bat.

NOTE: The impact head must be chest high to the batter to maximize the benefits received. Very tall batters may have to kneel on a knee to perform the drill.

## HIP TURNER - 10 SWINGS

3

Batter should make sure that the impact head is directed at the front side back hip pocket. The batter should take a swing every 10 seconds.

## INSIDE CONTACT - 15 SWINGS

4

Batter should make sure that the impact head is directed at the batter's front foot in the inside contact position. A swing is taken every 10 seconds.

NOTE: Reference "various strike locations and angles" section - "inside strike contact", for drill.

## MIDDLE CONTACT - 15 SWINGS

5

Batter should make sure that the impact head is directed at the batter's front hip in the regular contact position. A swing is taken every 10 seconds.

NOTE: Reference "various strike locations and angles" section - "regular strike contact", for drill.

## AWAY CONTACT - 15 SWINGS

6

Batter should make sure that the impact head is directed at the batter's front hip in the away strike position. A swing is taken every 10 seconds.

## HURRICANE "HIGH SPEED" MOVEMENT

The Hurricane Machine uses specially designed power bands to return the ball after each swing. The machine's action is a "wrapping and unwrapping" process. The batter must allow the machine to unwind between swings to allow the tension on the bands to release. If the batter hits the ball without allowing the machine to "unwrap," the power bands will stretch too tight, fatigue, and break.

NOTE: The balance of the remaining time should be used to preform these three drills below.

## HURRICANE HITTER "BP"

7

**OBJECTIVE:** The Hurricane Hitter drill is the most common and frequently used drill. It's used to practice hitting a moving target and increase bat speed.

## PROCEDURE:

1. The batter assumes a position with the impact head directed at the front foot of the batter's body. The batter starts the drill by hitting the impact head the first time from the "still" position.
2. The batter continues to hit the impact head as it comes by every third pass.
3. The batter must take the time to reset after each swing to insure proper hitting mechanics and fundamentals are being practiced.
4. When the impact head is hit hard with a level swing, the impact head will return level at a good speed.
5. If the impact head is missed or miss-hit, the impact head will "bounce or bobble" up and down.
6. When the impact head is bouncing, the batter may wish to stop and start the drill over. The batter may choose to hit the impact head as it bounces. This is a difficult and challenging task.

## HITTING STREAK

8

Build skill and entertains at the same time.

**OBJECTIVE:** The HITTING STREAK DRILL is a competitive drill that allows a batter to compete against the best previous score or against other batters.

## PROCEDURE:

1. The object of the drill is to hit the impact head as many times as possible, in succession, without a clean miss. The number of times the batter makes contact with the impact head, without a clean miss, is the batter's HITTING STREAK NUMBER for the competition.
2. If the batter cleanly misses, the batter's "time to hit" is over. It is now time for another batter to hit.
3. When two batters compete, the players take turns batting and competing to see who can build the longest hitting streak. Any bat contact with the impact head keeps the "batter's streak" alive.
4. If a batter touches the impact head with a hand, a non-swing bat, or stops the impact head in any other way, that batter's streak is stopped. It is now the next batter's turn to hit.
5. The batter should make sure to make contact with the impact head component and not the shaft.
6. The batter must allow the machine to unwind between swings to allow the tension on the bands to release. If the batter hits the impact head without allowing the machine to "unwrap" the power bands will stretch too tight, fatigue, and break.

## STEP-IN-AND-HIT

9

Helps correct the "Stepping Out" hitting flaw.

**OBJECTIVE:** This drill emphasizes "stepping into" the impact head to generate power and bat speed. This is an excellent drill to help young hitters eliminate the bad habit of "stepping out" during the swing.

**PROCEDURE:** The batter starts the drill by standing farther away from the machine than normal. This starting position allows the batter to take two steps inward before swinging the bat.

The batter will step first with the back foot and then with the front foot. When the front foot "lands" the batter attacks the impact head.

The drill may be performed with a still or moving impact head. The batter should take the time to set and observe all body movement before and after each swing. It is sometimes good to have the batter freeze after the swing to see if the proper finish position is reached after each swing.

The batter should make sure to make contact with the impact head component and not the shaft.

**RECOMMENDED NUMBER OF SWINGS:** 10 Swings

**TRAINING TIP:** The "STEP-IN-AND-HIT" drill is a drill that every coach and parent should be familiar with and know about. At young levels of play we often see a batter "step-out". The batter may have a fear of being hit. This drill works great in helping break this bad habit.

If you observe a batter that is popping the impact head up or missing the impact head completely, chances are good that the batter is "flying open" or "losing the front-side" during the swing. The batter should use a closed stance and make a special effort to keep the toes, knees, belly bottom, and shoulders square to the plate until contact is made with the impact head.

If you observe a batter that is hitting everything into the dirt with a weak ground ball, chances are good that the batter is attacking the impact head too soon. The batter should never have to reach or move the back foot to make contact with the impact head. The batter should allow the ball to "come-inside" the batter's front foot before attacking the impact head to insure that proper contact can be made. This attack timing allows the batter to use the front leg as leverage to generate maximum power. The bat makes contact with the impact head on a level plane rather than after the bat starts "arching upward". This level contact allows the batter to hit line drives.

## FOR AN ADDITIONAL WORK OUT

## SWITCH HITTING

Develops a batter's ability to switch hit from both sides of the plate.

**OBJECTIVE:** The batter practices batting from both sides of the plate without having to stop, reset, or adjust the machine. This repetitive practice helps develop a solid swing from both sides of the plate.

**PROCEDURE:** The batter assumes the middle contact position. The batter takes 5 swings right-handed and then takes 5 swings left-handed. The batter can practice hitting a still or moving impact head.

## RECOMMENDED NUMBER OF SWINGS:

BEGINNERS: 3 sets of 5 swings from each side allowing 15 swings from both sides (30 swings total).  
ADVANCED: should double or triple this workout as their strength and skill improves.

**TRAINING TIP:** The batter must allow the impact head to stop and reverse directions when the batter switches sides. "FRONT-SIDE CLOSURE" and "TRIGGERING MECHANISM" should be given special attention when practicing switch hitting. This is a simple closing movement of the batter's front side prior to each swing. This "closing" action helps the batter keep the front side in and insures that solid contact is made with total plate coverage. A batter may find it easy and natural to "trigger" from the batter's natural swing side. That same batter may need high numbers of practice swings from the "adopted side" of the plate to make "triggering" from that side to feel natural and comfortable.