

RMT[®] Club

By ↕ WeckMethod



OWNER'S MANUAL

FOR SAFETY AND PROPER USE, PLEASE READ THE OWNER'S MANUAL THOROUGHLY BEFORE USING YOUR RMT[®] CLUB BY WECKMETHOD. FAILURE TO READ SAFETY INSTRUCTIONS MAY RESULT IN POSSIBLE SERIOUS INJURY.

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GET STARTED



RMT[®] CLUB EXERCISE VIDEOS

VISIT WECKMETHOD.COM/VIDEOS FOR AN
EXTENSIVE VIDEO LIBRARY OF RMT[®] CLUB EXERCISES

NEW PRODUCTS!



FOR MORE WECKMETHOD PRODUCTS,
INCLUDING THE NEW BOSU[®] ELITE,
VISIT WECKMETHOD.COM

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IMPORTANT SAFETY INSTRUCTIONS

⚠ WARNING

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



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 AND SAFE DISTANCE FROM OTHERS

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

Read and follow the guidelines in this manual before performing any of the RMT® Club exercises provided in the manual, videos and other content.

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 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, or those with pre-existing health problems, orthopedic conditions, or balance impairments. If you are taking medication that may affect your heart rate, a physician's advice is absolutely essential.**

IMPORTANT SAFETY INSTRUCTIONS (CONT.)

Handicapped or disabled people must have medical approval before using this equipment and should be under close supervision when using any 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 “good” pain, like fatigue, from “bad” pain, which hurts. **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.

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 & Grip

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, stop the exercise.

Gripping the RMT® Club:

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

STRIKING

The RMT® Club is designed for intense training, however, it is not indestructible. To avoid damaging the Club, follow the instructions below. Failure to follow these instructions will void the warranty of the Club.

1) Strike padded surfaces only - not hard surfaces!

When striking with the Club, make sure to hit the Club head only and strike a **padded surface with at least 2 inches of padding**. DO NOT strike unpadded floors, walls, hard rubber flooring, concrete, asphalt, gravel, or any other unpadded or sharp surface.

2) Do not strike more than 100 times in a row.

Striking the RMT® Club repeatedly without pausing may cause the Club head to heat up and become too flexible, which can damage the Club head. If the Club head becomes noticeably warm to the touch, stop and let it cool down to room temperature before using again.

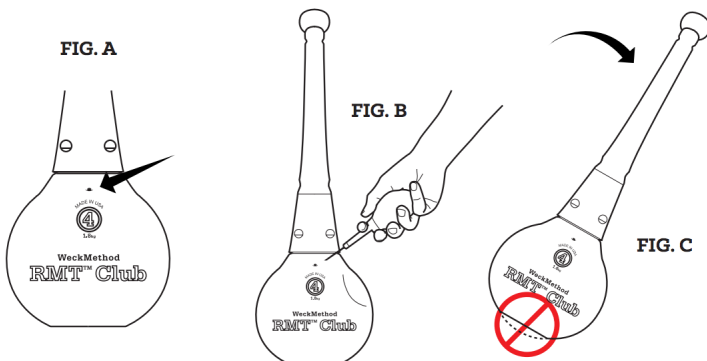
3) Never strike anything with the handle.

If you strike the RMT® Club directly against the handle, especially on hard surfaces, it may cause damage to the screw housing or handle, dislodge the Club head, or cause other issues.

INFLATION

During shipping or use, air may escape from the unit leaving an indent, especially with high intensity exercises. If this occurs, here are the steps 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 OVER INFLATE THE UNIT.** Never inflate the Club head so that 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 the 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)**



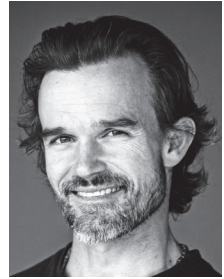
CARE & STORAGE

Your RMT® Club by WeckMethod has been carefully designed to require minimal maintenance for enjoyable use. To ensure this, we recommend you do the following:

- 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 re-inflate using the instructions found in the inflation section.
- Keep your RMT® Club clean. Wipe sweat, dust, or other residue off 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.
- Store your RMT® Club after use. Do not store the RMT® Club in direct sunlight, near heat sources, or in freezing temperatures.
- Do not unscrew the RMT® Club handle. In the unlikely event the handle screws become loose, carefully tighten back to a firm position. Do not over tighten, as this may strip the screw or screw housing.

FROM THE INVENTOR

The RMT® Club by WeckMethod combines age-old utility with modern technology to make it one of the most useful training tools available to condition your body for athletics and for life. I invented the RMT® Club so that people of all ages and abilities could enhance their athleticism and fitness level safely and effectively.



Simplicity and functionality are the RMT® Club's greatest strengths. It is easy to transport and store, can be used virtually anywhere, and the workouts make you feel good - helping you de-stress and let off steam while developing and coordinating your strength, power, and total body movement mechanics. It enables you to seamlessly combine skill based moves with high intensity exercises to make you a better athlete and improve your body composition and fitness level.

The RMT® Club helps you create a more integrated and balanced body from head to toe - enhancing balance, mobility, timing, rhythm, ambidexterity and cardiovascular conditioning. It helps you unify your body - connecting your central core with your hands and feet, which are the parts of your body that actually interact with the world around you most of the time.

The exercise programming is designed to help beginners as well as seasoned athletes and fitness buffs improve their fitness, physique, and athletic performance. Regardless of your fitness level, the RMT® Club is a training tool you can use for a lifetime.

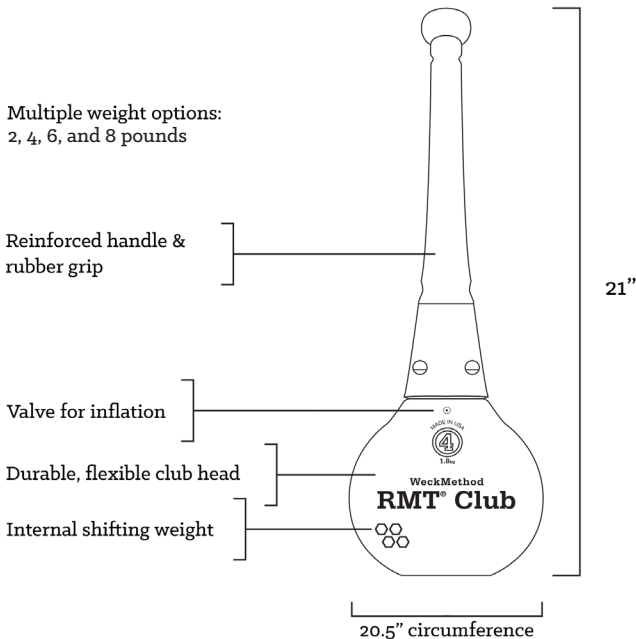
In balance and strength,

David Weck

Inventor of the BOSU® Balance Trainer
Founder of WeckMethod

FEATURES & SPECIFICATIONS

- Perform a wide variety of unique and sport-specific exercises
- Durable, flexible club head for absorbing impact and reducing injury
- Internal shifting weight for dynamic resistance and audible feedback
- Reinforced handle and rubber grip for dynamic, high-intensity swings in multiple directions



Note*** You may notice a “gap” or space between the club head and handle when performing exercises or pushing on the side of the club head. This feature is by design to provide flexibility and allow the club head to absorb the maximum amount of impact.

FEATURES & SPECIFICATIONS (CONT.)

The RMT® Club by WeckMethod is designed specifically to enhance athletic movement, mobility, and total body conditioning. Each of its features serves a purpose and functional application.

The unique design of the RMT® Club incorporates a flexible, durable club head, allowing it to absorb maximum impact for high-intensity training while simultaneously reducing the chance of injury and protecting your gym from wear and tear. Its strong handle allows for high-intensity swings in multiple directions as well as fluid, continuous movement patterns.

The RMT® Club also contains an internal “shifting weight” that can be used as a counter weight, for added dynamic resistance when accelerating and decelerating, or as audible feedback to cue and enhance movement patterns using sound (resistance) or no sound (fluidity). Please visit the video section of our website for an extensive RMT® Club exercise and technique video library.

The RMT® Club was conceived using four main WeckMethod Principles: **Rotational Movement Training® (or RMT®)** - effectively increasing rotational power while integrating both strength and balance; **Non-Dominant Side Training™** - improving the non-dominant side of the body to minimize deficiencies; and **Tensional Balance™** - establishing and maintaining the correct tension throughout the body, allowing you to express more power and efficiency during athletic movement. And lastly, of course, total body integration.

ACCLIMATION

Let's review a few key positions and techniques to help you set a good foundation and get acclimated to the RMT® Club before progressing to the practice exercises:

Grip

Grip plays an essential role in club control, safety, and optimal technique. For people new to the RMT® Club, it is important to maintain appropriate space between their hands when gripping the RMT® Club. This will create greater control, help with perfecting technique, and is initially easier on the wrists and forearms. With some exercises, however, placing the grip position closer together may be warranted (such as Ground Strikes).

- a. To grip the club, begin with the right hand on top with about 3 inches separation between the hands to optimize club control and obtain symmetry more effectively.
- b. We start most exercises with the right hand on top ("Ready Right"), then we switch to the left hand on top ("Ready Left").
- c. There will be some exercises where it's OK to bring hands closer together.



ACCLIMATION (CONT.)

Ready Position

The ready position is the starting position for individual exercises. Setting up in the ready position before each exercise reinforces proper alignment and core engagement. If you are combining exercises or creating medleys, you will not necessarily come back to the ready position in between exercises. Instead you will use transition positions (see below) to move from one exercise to another with more fluidity.

- The club is held vertically with the top of club head even with bottom of your nose.
- Keep the club 8-12 inches distance from your chest, aligned with the center line of your body.
- If you need to take stress off the shoulders, allow your arms and elbows to contact the body.



Power Position

Setting the “power position” aligns the body and establishes a base position to work from. By properly aligning or “setting” the power position, you are able to enhance efficiency, strength, and maximum engagement. Staying in this position while performing exercises helps incorporate the glutes and abs and guides proper and efficient movements.

- Stand with feet hip distance apart and toes straight ahead (foot positioning will widen to shoulder width or slightly wider for many exercises).
- Squeeze your glutes.
- Press your pelvis forward.
- Engage your abdominals to lock your pelvis/hips into position.
- Flatten the curve in your lower back.



GETTING STARTED

Below are a few exercises to get you comfortable with using the RMT[®] Club by WeckMethod. There are many skill-based and high intensity exercises you can perform with the RMT[®] Club, however, it is important to first learn how the club feels during movements, establish a comfortable range of motion, and practice switching hands to feel the differences between your non-dominant side and dominant side, before moving on to the more advanced movements.

General Exercise Guidelines

Before learning the exercises and techniques, it is important to understand a few key concepts.

1. Skill and technique come before speed and power. It is important that you perform the exercises correctly and understand the proper techniques to achieve the full benefits.
2. Because some of these exercises deal with range of motion and movement, be sure to emphasize club control over speed and power. Do not “swing out of your shoes” and be mindful of pre-existing injuries.
3. RMT[®] Club training is fundamentally skill-based. It is useful to think of it as a practice. It’s about continuing to refine and master the movements while getting an effective, total body workout.

GETTING STARTED (CONT.)

CHOP & STOP



1. Begin: Feet hip distance with toes pointed straight ahead, pelvis/hips in the power position, club in the ready position, right hand on top.
2. Inhale as you bring club overhead to comfortable range of motion.
3. Bring the club back to ready position with a definitive stop and compression exhale, maintain tension and pressure in abdominals.
4. Once you're comfortable with the range of motion, pay attention to the sound you're making and create a distinct chop and stop sound.
5. Repeat the same exact movement but switch hand placement so left hand is on top.
6. Pay attention to how it feels similar and how it feels different.
7. Use that information to make the non-dominant side smarter by comparing and contrasting both sides.
8. Create the shoulder range of motion keeping neutral head position, don't duck the head and keep the shoulders down.
9. You can add knee lifts or rotation to the Chop and Stop.

GETTING STARTED (CONT.)

SHOULDER-TO-SHOULDER SWING



1. Begin: Feet shoulder distance with toes turned out as appropriate, pelvis/hips in the power position, club in the ready position, right hand on top.
2. Position the club head so it touches the back of your right shoulder. Swing the club across to your left side horizontally until you locate the club head to the back of your left shoulder.
3. Maintain a horizontal line across the chest, don't dip the club head down.
4. Swing the club back and forth from shoulder to shoulder, making sure to touch the back of each shoulder lightly at the end ranges of motion.
5. Gradually increase your speed, shift your body weight, allow your feet to pivot as you swing the club from shoulder to shoulder.
6. Switch the hands and repeat.

GETTING STARTED (CONT.)

CASTING SQUAT



1. Begin: Feet shoulder width apart with toes turned out as appropriate, pelvis/hips in the power position, club in the ready position, right hand on top.
2. Inhale drawing club overhead allowing the club head to touch between your shoulder blades (maintain comfortable range of motion).
3. Squat down casting the club out (like a fishing rod), maintaining neutral spine, exhale but maintain pressure.
 - a. Keep club straight out in front of you.
 - b. The deeper the squat, the better (without bending your back).
 - c. Knees tracking with toes, not letting them cave in.
4. Squat back up as you raise the club back to the overhead chop position.
5. Repeat with other hand on top.

WARRANTY

LIMITED WARRANTY

For a period of 6 months from date of purchase, WeckMethod warrants that the product is free from defects in materials and 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 warranty is not transferrable. Warranty only valid in the USA.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, WECKMETHOD DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY (INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU. WeckMethod will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence, and arising in connection with the sale, use or repair of the product. **SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.**

In the event of failure of this product to conform to this warranty during the warranty period, you must return this product to the location shown below at your own expense, unless otherwise approved by us in advance. WeckMethod will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover damage by accident (including transit), or repairs or attempted repairs by any person not authorized by WeckMethod, or by vandalism, misuse, abuse, over inflation, or alteration.

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

Write your order information here for your records and future reference:

- Place of Purchase: _____
- Date of Purchase: _____
- Order #: _____

NOTES

Contact Us

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