

Instructions for creating your own weighted tennis balls



What you will need

- One or many tennis balls
- Some sand
- A funnel
- A pencil
- Some flagging tape
- A pair of scissors
- A measuring tape or a ruler
- An exacto knife
- A scale
- All weather glue - we used gorilla construction adhesive



1. Cut three strings of flagging tape; each string should be approximately 30cm long
2. Tie the three strings of flagging tape together



3. Weigh your tennis ball and your three strings of flagging tape using a scale



4. Calculate how much sand you need to add to your tennis ball. You want to reach a final weight of 142-149g. To know how much sand you need to add, subtract the weight of your tennis ball and flagging tape from 142g
5. Add the tool you will use to weight the sand in (in this case, a measuring cup). Reset the scale by clicking “zero”. Premeasure and weight the amount of sand you will need to add to your tennis ball based on what you obtained in step 4



6. Hold the ball firmly from the back. With an exacto knife, make a cross-shaped incision by cutting away from your thumb



7. Insert a funnel in the incision you made in your tennis ball
8. Fill out the tennis ball with your pre-weighted sand. If the sand gets stuck in the funnel, push it inside the ball using the tip of a pencil



9. Insert the knotted part of your strings of flagging tape inside the funnel so that it's in the tennis ball
10. Slowly remove the funnel



11. Seal your incision using glue
12. Wait approximately 24 hours before using your weighted tennis ball, or as long as recommended for your glue to dry entirely