

CORD IN

1



**WIND
2 FULL TURNS**

2



3



READY

FIRM GRIP

5



PULL STRAIGHT UP

4



6

**&
SPIN!**

360°



A

or

B



powerball®

**A dynamic force for the
Hand, Wrist & Forearm**

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CORD ACTIVATED MODEL USER MANUAL



- 'Pro' models feature induction powered **multi function digital counters** to precisely measure spin speed performance data. Includes automatic backlit display
- Powerball® Fusion™ & Blaze™ models feature **magnetic induction powered colour LEDs** built into the rotor which glow beautifully as Powerball® spins
- The patented 280 Series Powerball shell casing is **fully drop resistant**, easy to open and contains reversible inner tracks for 2 X performance lifespan
- Tactile, ergonomic grip helps to facilitate a comfortable and secure hold on the ball shell during use
- All Powerball® 280™ rotors are **certified vibration free** to 17,000rpm spin speeds ensuring powerful resistance and a 100% non-impact spin experience

LCD Speed Meter Functions



Total Accumulated Revolutions

Press the 'FCN' button to reveal the "total revolutions" mode on the display. This mode calculates the accumulated rotor revolutions during a session and records each 100 rotations as one unit - for example 7240 revolutions will display as 72. This is very useful when rehabilitating a damaged upper limb where low speed / long spin sessions are preferable to short, high speed spins.

Real Time Revolutions

Press the 'FCN' button to reveal the "current revolutions" mode on the display. This counter setting allows real time monitoring of the rotor's RPM (revs per minute) speed and shows the actual rotor speed at any specific time during the spin session.



The Highest Achieved Spin Speed

The 'highest speed' function stores and displays the historical highest spin speed achieved on your Powerball® over the past 48hr period (after which it will be automatically deleted). Press and hold the 'FCN/CLR' button to clear the high speed score manually. This can be very useful for keeping track of strength gains while rehabilitating an injured limb or simply for enjoyable competition among friends.

The Muscular Endurance Mode

Press the 'FCN' button to reveal the "strength index" mode on the display. This setting will begin to record the number of actual revolutions made during the 30, 60 or 90 second interval immediately after the rotor is put in motion (press the FCN/CLR button to cycle between all three). The display begins counting down and continues recording until the last 5 seconds - whereby the total accumulated revs will appear as it counts down to '0'. This is a superb test of muscular endurance as you'll need to keep the rotor spinning at the highest possible spin speed for a period of 30, 60 or 90 seconds in order to achieve a maximum score.



General Precautions

- Powerball® is an isometric exercise/rehabilitation device and, as such, is not recommended for use by persons with any form of heart condition unless otherwise pre-approved by your medical practitioner.
- Powerball® is suitable for all ages. However, because of its potential to generate high resistance, it is recommended that children UNDER 12 are supervised by an adult while using this product to help avoid strain on developing upper limbs.
- Avoid touching the rotor while it is spinning as doing so may cause friction burn and/or pinch the skin.
- Please keep the inner part of your Powerball® clean and avoid any form of lubricant or oil contamination.
- Always aim to grip Powerball® FIRMLY in the hand each time you spin - doing so will help to extend the lifespan of your Powerball®.
- Try to avoid dropping Powerball® at any time.