

The Power Behind Performance®

CORBALL® Plus



Limited Warranty

Power Systems Inc. warrants that the CorBall® Plus manufactured by Power Systems Inc. is free from defects in workmanship and materials for a period of 3 years from the invoice date. Should your product show signs of defective workmanship or material prior to the expiration of the 3-year warranty, you should call our customer service department at 1-800-321-6975 to receive directions on returning the product. This warranty is limited to the replacement of the product by Power Systems Inc. This warranty does not extend to any defect or problem caused by the negligence or acts of you or others, failure to maintain the product in accordance with instructions furnished with the product, unreasonable use, accidents, alterations, or ordinary wear and tear.

POWER SYSTEMS INC. SHALL NOT BE RESPONSIBLE OR LIABLE FOR INDIRECT OR CONSEQUENTIAL DAMAGES OF ANY KIND, INCLUDING BUT NOT LIMITED TO USE OF ANY PRODUCT, PERSONAL INJURY, LOSS OF TIME, INCONVENIENCE, OR OTHER INCIDENTAL OR CONSEQUENTIAL DAMAGES WITH RESPECT TO PERSONS, BUSINESS, OR PROPERTY, WHETHER AS A RESULT OF BREACH OF WARRANTY, NEGLIGENCE, OR OTHERWISE. POWER SYSTEMS INC.'S PRODUCTS LIABILITY SHALL BE LIMITED SOLELY TO THE REPLACEMENT OF THE GOODS NOT MEETING THE QUALITY AND SPECIFICATIONS WARRANTED. NO OTHER WARRANTY, EXPRESSED OR IMPLIED, SHALL APPLY, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, AND ANY SUCH IMPLIED WARRANTIES ARE EXPRESSLY DISCLAIMED. IN THE EVENT APPLICABLE LAW PREVENTS THE DISCLAIMER OF ANY IMPLIED WARRANTIES, THEN SUCH IMPLIED WARRANTY SHALL BE LIMITED TO THE DURATION OF EXPRESSED WARRANTIES ABOVE.

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Check out these other great medicine ball products.

Safety

Please follow these guidelines when using this product:

- Read all instructions carefully before using.
- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- Inspect the product for damage before each use. Do NOT use if damaged—contact Power Systems Customer Service for warranty/replacement information.
- Always use this product in an open area that is free from obstructions.
- This product is not a toy.
- This product is intended for use only as described in this document. Other uses are not recommended and could void the warranty.
- Power Systems Inc. assumes no liability for injuries, accidents, or damages that may occur with the use or misuse of this product.

Medicine Ball Precautions

Medicine balls may cause serious injury when not used properly. Please observe these precautions:

- Never add air to a medicine ball. The ball is produced with a specific volume of air. Exceeding that volume decreases the strength of the shell, which can result in a split or ruptured shell or a deformed ball.
- Never throw the ball against a hard surface, and do not expose the ball to jagged or rough surfaces that can damage the shell.

POWER Throw-Ball™

Strengthen and rehabilitate the shoulder. These durable, small weighted balls help develop dynamic strength through the throwing motion. Use for upper-body rehabilitation exercises as well. Available in 7, 14, and 21 oz. weights in baseball and softball sizes (a standard baseball/softball weighs 5 oz.).



ELITE POWER Med-Ball™

Perfectly balanced and durably constructed, our Elite Power Med-Balls™ are guaranteed to maintain their shape. Perform traditional medicine ball exercises, bounce them against a wall or floor, or pass them to a partner. The textured surface ensures superior grip and handling. Incorporate them into any group fitness, sport-specific, or rehabilitation movement for added resistance. Available in 11 weights from 2 to 30 lbs.

POWER Rope-Ball™

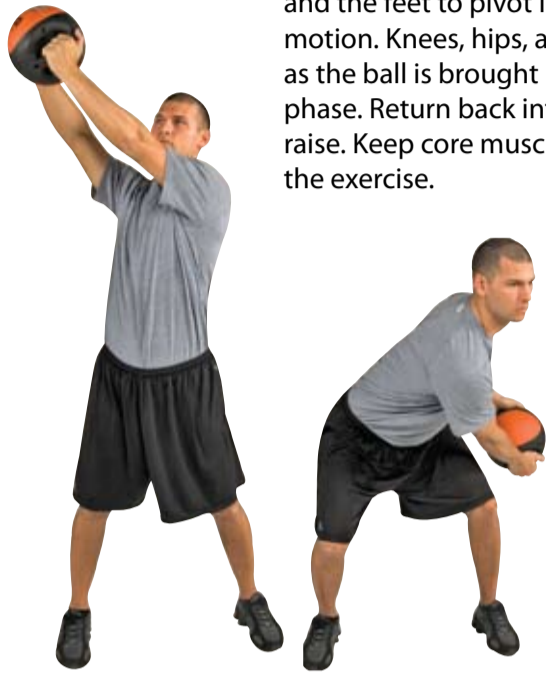
Develop rotational strength and power with this functional training tool that combines a medicine ball with a rope handle. Rope-ball combination lets you perform quick rotational movements in an assortment of patterns and planes of movement. Hollow synthetic rubber construction allows this textured ball to rebound, so it's ideal for swinging and chopping motions too. Rope is permanently attached to ball; washers on each side of ball ensure rope doesn't slide. Handle attachment offers a variety of gripping options. Available in 6 weights from 2 to 12 lbs.



Visit www.power-systems.com for more information

Diagonal Woodchop

Stand in an athletic starting position holding the CorBall® Plus with both hands. Bring the ball up over one shoulder as if ready to chop wood. Sweep the ball down diagonally across the body. Allow the body to rotate slightly and the feet to pivot into the dynamic motion. Knees, hips, and ankles will flex as the ball is brought into the downward phase. Return back into a high diagonal raise. Keep core muscles braced throughout the exercise.



Rear Delt Raise

Kneel on one knee with the trunk tipped forward. Keep the back long and neutral with a slight retraction in the shoulder blades. Hold a CorBall® Plus in each hand, arms extended under shoulders. Slowly raise the arms to the sides by bending the elbows outward; keep the hands under the elbows. When the elbows reach shoulder-height, pause for a moment, then return to the starting position with control.



Stability Ball Back Fly

Prop the front of the body against a stability ball with the hips and abdomen on the ball. Hold a CorBall® Plus in each hand with the arms down. Extend the back raising the chest up and the arms up and out to the sides. Retract the shoulder blades and contract the glutes. Pause at the top of the motion and return to the starting position with control.



Squat With Full Front Raise

Hold the CorBall® Plus in both hands with arms fully extended overhead. Stand with the feet slightly wider than hip-width apart. Bend the knees while pushing the hips back; keep the chest up and sit with weight back into the heels. While squatting, drop the arms down in front of the body allowing the ball to decelerate between the legs. After reaching the desired depth, return to the upright position and fully raise the ball overhead. Maintain strong posture while performing this exercise.



Standing Side Bend

Stand with the feet hip-width apart, knees slightly bent. Hold the CorBall® Plus in both hands with arms extended overhead. Lift the posture up and reach about 10 degrees to one side without moving the lower body. Return to the starting position. Reach laterally to the opposite side. Initiate the movement from the waist, and let the upper body and arms follow.



Push-Up to Side Plank

Get into a plank position, keeping the back neutral by using the core muscles. Place one hand on the floor and the other on the CorBall® Plus. Hands should be slightly wider than shoulder-width apart. Bend the elbows, lowering the plank until the elbows reach 90 degrees. Press to extend the arms and return to the starting position. Holding the plank position, balance with one hand and turn the body into a side plank, allowing the feet to shift to the sides. Pull the CorBall® Plus up directly over the shoulder. Pause for a moment then return the ball to the floor. *To modify the exercise, get in the plank position from the knees rather than the toes.*

