

The Power Behind Performance®

## DURA Med-Ball™



### Limited Warranty

Power Systems Inc. warrants that the Dura Med-Ball™ 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.

Note: Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you. Some states do not allow the exclusion on limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.



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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.

### CORBALL® Plus

These medicine balls have dual handgrips for more functional, diverse training. Ideal for abdominal training, rotational movements, and strength training. Solid molded handles with plastic textured grips for a secure, comfortable hold and durability for intense training conditions. Available in 10 weights from 6 to 30 lbs.



### 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 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.).



### 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](http://www.power-systems.com) for more information

**Overhead Squat**

Hold the Dura Med-Ball™ in both hands with the 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. After reaching the desired depth, return to the starting position.



**Lunge With Rotation**

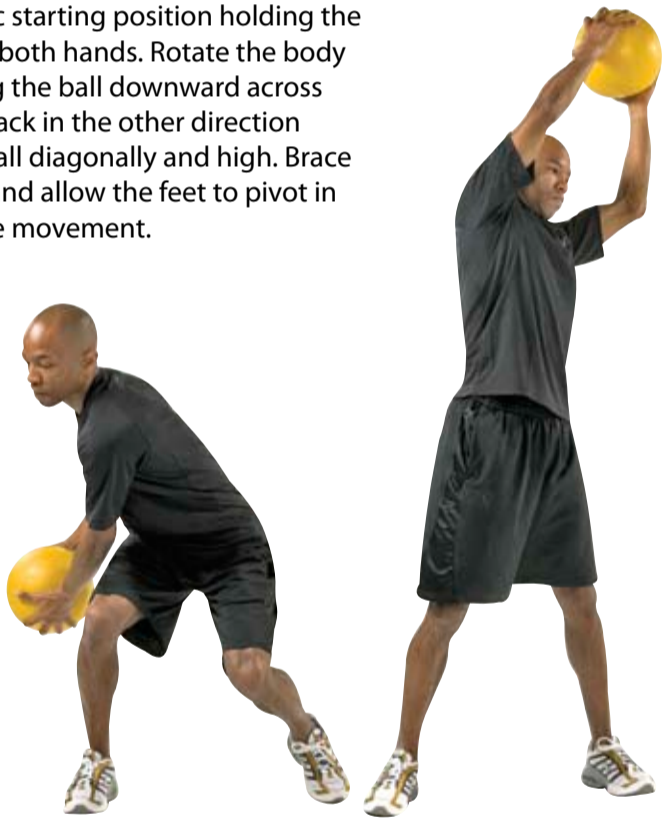
Stand with the feet slightly wider than hip-width apart. Hold the Dura Med-Ball™ out in front of the body. Step one foot forward into a lunge (do not extend the knee past the foot). Hold the lunge position while rotating the arms to the side and then back to the front. Push off with the lead leg to return to the starting position.



When performing these exercises, focus on maintaining good posture, a neutral spine, and a strong back and abdominals.

**Diagonal Woodchop**

Stand in an athletic starting position holding the Dura Med-Ball™ in both hands. Rotate the body to the side, moving the ball downward across the body. Rotate back in the other direction while raising the ball diagonally and high. Brace the core muscles, and allow the feet to pivot in the direction of the movement.



**Push-Up**

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 Dura Med-Ball™, so they're 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. *To modify the exercise, get in the plank position from the knees rather than the toes.*



**Seated Back Pass to Self**

Sit with the knees bent and feet on the floor holding the Dura Med-Ball™ with both hands. While keeping the back neutral, lean back slightly and rotate the torso. Set the ball behind the body and rotate to the other side. Reach behind to pick up the ball and bring it around to the front.



**Squat With Diagonal Overhead Press**

Stand with the feet slightly wider than hip-width apart. Hold the Dura Med-Ball™ in front of the body. Bend the knees while pushing the hips back; keep the chest up and sit with weight back into the heels. At the bottom of the squat, touch the ball to the floor with the arms fully extended. Return to the standing position, pressing the ball up diagonally. Maintain a strong core and keep the hips facing forward.

