

The Power Behind Performance®

ELITE POWER Med-Ball™



Limited Warranty

Power Systems Inc. warrants that the Elite Power 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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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.
- Throw the ball against a hard, smooth surface only. Do not expose the ball to jagged or rough surfaces that can damage the shell.

Check out these other great medicine ball products.

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.



SOFT TOUCH™ Med Ball

Add resistance to a variety of exercises, or use in rehabilitation. Medicine ball fits in the palm of the hand allowing you to move freely through a full range of motion during exercise. Perform a wide range of upper- and lower-body exercises including crunches, rotational twists, and leg raises. Available in 10 weights from 1 to 10 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

Chest Pass

Stand with the feet shoulder-width apart holding the Elite Power Med-Ball™ close to the chest with both hands. Pass the ball by pushing it away from the body toward a target. Be ready to receive the ball quickly from the rebounding target or a partner. *Alternatively, this exercise can be performed by stepping toward the target with one foot.*



Overhead Pass

Hold the Elite Power Med-Ball™ overhead with both hands. While stepping forward, pass the ball by extending through the shoulders and flexing the spine to propel the ball toward a target. Be ready to receive the ball quickly from the rebounding target or a partner. *Alternatively, this exercise can be performed by standing square to the target.*



Power Slams

Stand with the feet shoulder-width apart and the Elite Power Med-Ball™ positioned overhead. Pull the ball back behind the head while going up on the toes to load the muscles of the core and shoulders. Rapidly extend at the shoulders, hips, and knees while keeping the arms in extension to slam the ball into the ground in front of the feet. *Caution: Due to the rapid rebound of the Elite Power Med-Ball™, always aim several inches past the feet to reduce the risk of the ball striking the body on its way back up.*



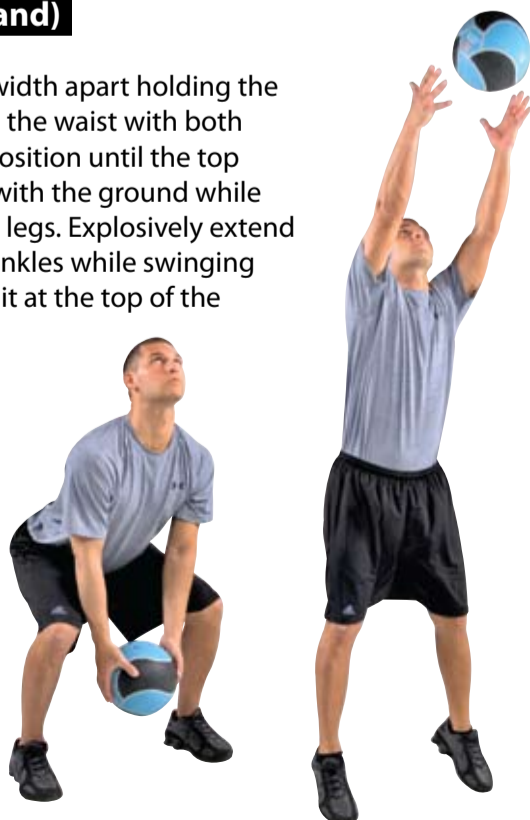
Twist Toss

With the feet shoulder-width apart, stand sideways in relation to the rebounding target or a partner. Hold the Elite Power Med-Ball™ close to the waist with both hands. Squat and twist downward away from the target, pivoting the feet and rotating at the shoulders, trunk, and hips. Explosively pivot and rotate toward the target, swinging the ball upward and across with straight arms. Release the ball after crossing the midline of the body. Be ready to receive the ball quickly from the rebounding target.



Overhead Toss (Underhand)

Stand with the feet shoulder-width apart holding the Elite Power Med-Ball™ close to the waist with both hands. Descend into a squat position until the top of the thighs are almost level with the ground while lowering the ball between the legs. Explosively extend through the hips, knees, and ankles while swinging the ball upward and releasing it at the top of the movement. *Caution: Do not try to catch the Elite Power Med-Ball™ as it descends to the ground. Wait for it to bounce at least once before retrieving.*



Overhead Toss (Push-Press)

Stand with the feet shoulder-width apart holding the Elite Power Med-Ball™ close to the chest with both hands. Descend into a squat position until the top of the thighs are almost level with the ground. Explosively extend through the hips, knees, and ankles while pressing the ball upward and releasing it at the top of the movement. *Caution: Do not try to catch the Elite Power Med-Ball™ as it descends to the ground. Wait for it to bounce at least once before retrieving.*

