

POWER Rope-Ball™



Limited Warranty

Power Systems Inc. warrants that the Power Rope-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.



Copyright © 2009 by Power Systems Inc.
1-800-321-6975 • www.power-systems.com

4/09

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 lead to deformation of the ball.
- Throw the ball against a hard, smooth surface only. And do not expose the ball to jagged or rough surfaces that can damage the shell.

Handle Attachment



The handle attachment allows for additional gripping options. The handle should be used only for drills in which the rope extends fully because controlling the motion of the ball is more difficult with the handle attachment.

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.



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.

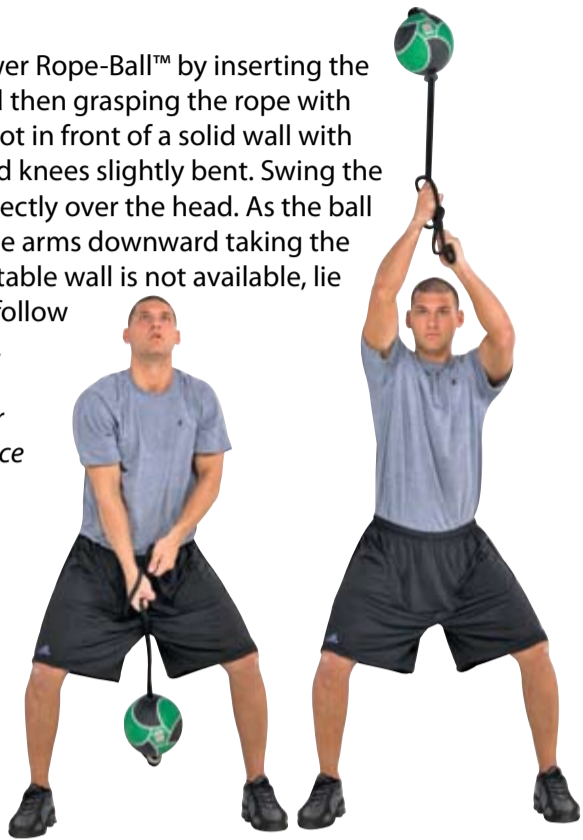


Visit www.power-systems.com for more information

Woodchop

Secure a firm grip on the Power Rope-Ball™ by inserting the wrist through the handle and then grasping the rope with both hands. Stand about a foot in front of a solid wall with feet shoulder-width apart and knees slightly bent. Swing the ball so it contacts the wall directly over the head. As the ball rebounds, forcefully swing the arms downward taking the ball between the feet. If a suitable wall is not available, lie down on a hard surface and follow the same movement pattern.

Caution: Always keep the rope of the Power Rope-Ball™ under tension during the drill to reduce the risk of the ball striking and injuring the user.



Side-to-Side Chop

Secure a firm grip on the Power Rope-Ball™ by inserting the wrist through the handle and then grasping the rope with both hands. Stand approximately one foot in front of a solid wall with feet shoulder-width apart and knees slightly bent. Swing the ball to one side. When the ball rebounds, swing the arms in the opposite direction to accelerate the ball across the front of the body so it strikes the wall on the opposite side. Continue to keep the ball moving from side to side for the duration of the drill. *Alternatively, this exercise can be performed while seated.*

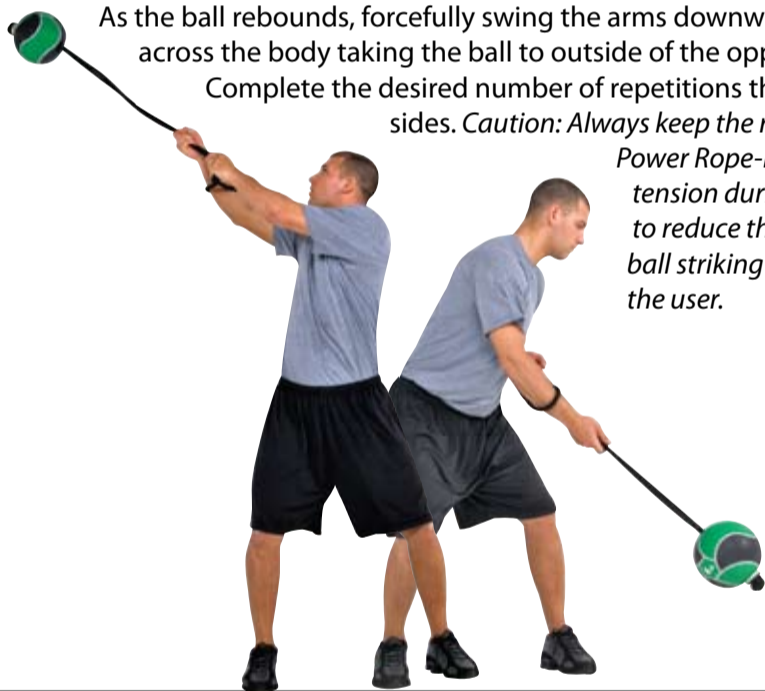


Diagonal Woodchop

Secure a firm grip on the Power Rope-Ball™ by inserting the wrist through the handle and then grasping the rope with both hands. Stand about a foot in front of a solid wall with feet shoulder-width apart and knees slightly bent. Swing the ball so it contacts the wall above the shoulder.

As the ball rebounds, forcefully swing the arms downward and across the body taking the ball to outside of the opposite foot.

Complete the desired number of repetitions then switch sides. *Caution: Always keep the rope of the Power Rope-Ball™ under tension during the drill to reduce the risk of the ball striking and injuring the user.*



Overhead Rotation

Secure a firm grip on the Power Rope-Ball™ by inserting the wrist through the handle and then grasping the rope with both hands. With feet shoulder-width apart and knees slightly bent, extend the arms above the head and begin to rotate at the shoulders to accelerate the ball in a circular path. Continue to rhythmically work the core musculature to maintain the path of the ball for the duration of the drill. Reverse the direction of the ball.

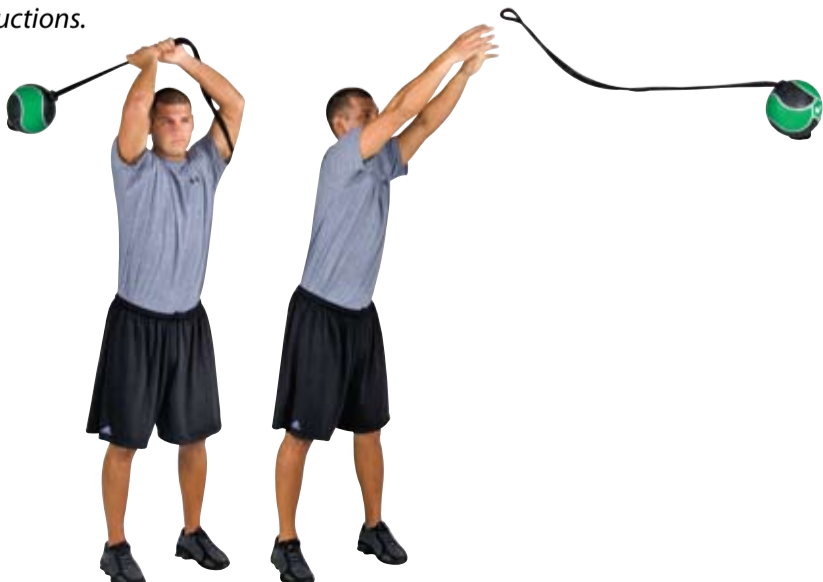
Alternatively, this exercise can be performed with only one hand gripping the rope. Caution: This drill must be performed in an open area free from bystanders and obstructions.



Overhead Toss

Secure a firm grip on the Power Rope-Ball™ with both hands. With feet shoulder-width apart and knees slightly bent, extend the arms above the head and begin to rotate at the shoulders to accelerate the ball in a circular path. Continue to rhythmically work the core musculature to maintain the path of the ball. Release the rope when it reaches its maximum acceleration.

Caution: This drill must be performed in an open area free from bystanders and obstructions.



Spinning Hammer Toss

Secure a firm grip on the Power Rope-Ball™ with both hands. Begin the movement by rotating the body in a spinning motion, moving the feet while extending the arms at the same time. Perform several revolutions and then release the rope when it reaches its maximum acceleration.

Caution: This drill must be performed in an open area free from bystanders and obstructions.

