



Powerball Max Red



Original PowerBall Max Red with tachometer and with built-in generator for light effect through 6 LEDs. So the Power Ball friend can compare his listing with himself and others, or enter into competition. With increasing speed the light effect becomes stronger. The light makes the whole fist appear glittering red

CHF 64.90

- unbreakable plastic housing
- 6 blue shining LEDs
- electr. tachometer
- jump starter with cord
- resistance 230gr up to 16 kg
- diameter approx. 7 cm
- integrated dynamo
- rotor on stainless steel axle
- improvement of the grip strength
- for training the arm muscles

The tachometer of the Powerball Max Blue shows not only the instantaneous speed and highest revolutions per minute, but also the actual revolutions performed by the user within 30 seconds.

The speed indicator allows the following queries:

- best number of revolutions achieved
- sum of total revolutions
- current speed
- highest number of revolutions of the currently running exercise
- "Force index" (number of revolutions in 30, 60 or 90 seconds)

Why do I need a tachometer?

- Performance control for the athlete and during training



- Ideal for PowerBall competition - or just for fun

There are 2 batteries in the tachometer. If the Power Ball is used for about 1 hour per day and you don't forget to switch it off, the batteries have a life span of about 3 years.

Function:

The Power Ball is an effective training tool to strengthen and train the strength (muscles) of fingers, wrist, arms and shoulders.

Drive:

Drive by moving the wrist. When the wheel inside the ball is in motion, use the wrist as the axis and turn clockwise or counterclockwise. The faster the ball is moved, the stronger the momentum and the rotation generated. The speed can reach up to 14,000 revolutions per minute. By changing the speed of the ball, a gyroscopic force of up to 16 Kg can be generated.

Use as sports equipment:

Power Ball is a special training equipment for sports such as tennis, bowling, golf, basketball, table tennis, handball, badminton, rowing, climbing and many others. Here, Power Ball can significantly improve sports performance. Power Ball improves muscle condition, grip strength and coordination skills. Power Ball can prevent tendonitis during special stress (playing piano, working on computer, etc.). Power Ball can relieve sore muscles, tendons and shoulder tension.

Use as a recreational and fun item:

Exciting variations and competitions increase the fun. Integrated speed indicator lets you compare your performance with others. Connection with the computer possible! The special light effect will attract your attention.

Advantages:

Power Ball is a small training device that has a fast training effect. Everyone can train with Power Ball (young people as well as older people). You are completely independent of time and place. With Power Ball you can train while talking to friends, watching TV, walking, riding the bus, standing, sitting etc. Training with Power Ball is fun. You decide which rotation you want to do: left-handed, right-handed, one-handed, two-handed, freestyle, etc.

Special features:

The rotation is computer calculated and therefore absolutely precise. The ball has excellent rotational stability. Rubber coating on the surface prevents it from rolling away easily and it fits better in the hand. Power Ball is made of extra durable plastic. The axle is made of steel and therefore can not break. Each Power Ball is electronically balanced.

Theory:

Gyro, application of centrifugal and inertial force.

Scope of delivery:

Original PowerBall basic model with starting cord (therefore quick start for beginners - advanced users start the PowerBall by a quick movement with the palm of the hand)

PowerBall with German instructions

**The Shark
Fitness Company**



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Size: 7.1 cm diameter
Weight: 260g