



## Powerball Max Blue



Original PowerBall Max Blue with rev counter and built-in generator for lighting effect with 6 LEDs. This allows Power Ball enthusiasts to compare their performance with themselves and others or to compete with others. The light effect becomes stronger as the speed increases. The light makes the whole fist appear glittering blue.

CHF 64.90

- Unbreakable plastic housing
- 6 blue LEDs
- electric rev counter
- Starting aid with cord
- Resistance 230gr up to 16 kg
- diameter approx. 7 cm
- integrated dynamo
- Rotor on stainless steel axle
- Improves gripping strength
- for training the arm muscles

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

The speed display enables the following queries:

- best number of revolutions achieved
- Total number of revolutions
- current speed
- highest number of revolutions of the current exercise
- "Power index" (number of revolutions in 30, 60 or 90 seconds)

**Why do I need a rev counter?**



- Performance monitoring for the athlete and during training
- Ideal for the PowerBall competition - or just for fun

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

**Function:**

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

**Drive:**

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

**Use as sports equipment:**

Power Ball is a special training device for sports such as tennis, bowling, golf, basketball, table tennis, handball, badminton, rowing, climbing and many others. The Power Ball can significantly improve athletic performance. Power Ball improves muscle condition, grip strength and coordination skills. Power Ball can prevent tendon inflammation under special strain (playing the piano, working at the computer, etc.). Power Ball can relieve sore muscles, tendons and shoulder tension.

**Use as a leisure and fun item:**

Exciting variations and competitions increase the fun. The integrated speed display allows you to compare your performance with others. Can be connected to a computer! The special light effect attracts attention.

**Advantages:**

Power Ball is a small training device that has a quick training effect. Anyone 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, going for a walk, taking the bus, standing, sitting, etc. Training with the Power Ball is fun. You decide which rotation you perform: 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. A rubber coating on the surface prevents it from rolling away easily and it sits better in the hand. Power Ball is made of particularly durable plastic. The axle is made of steel and therefore cannot break. Each Power Ball is electronically balanced.

**Theory:**

Gyroscope, 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**



**Shark Fitness AG**  
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and Wil (SG)

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Size: 7.1 cm diameter  
Weight: 260g