



Powerball Autostart



The Powerball with integrated starting aid!
The patented auto-start function helps the rotor to accelerate comfortably and start training immediately. All you have to do is wind the rotor in the direction of the arrow as far as it will go. Simply pull it up with your thumb or over the tabletop like a wind-up car. You start this PowerBall without a starting cord. Tension the internal spring by turning the rotor, release and train. It couldn't be easier.

CHF 49.00

- 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

Function:

The Power Ball is an effective training device for strengthening and training 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, walking, 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:

Spinning top, application of centrifugal and inertial force

- incl. winding mechanism
- for beginners, children & seniors
- unbreakable plastic housing
- non-slip silicone strap
- Rotor on stainless steel axle
- resistance 23 kg
- Diameter approx. 7 cm
- Improves gripping strength
- For training the arm muscles

Scope of delivery:

- Original PowerBall basic model with autostart - therefore easy to start for beginners
- PowerBall with German instructions