



Powerball Basic



The Powerball is the ideal training tool for strengthening fingers, wrist, arms and shoulders. The Powerball Basic offers the perfect introduction to training with gyroscopic hand trainers.

CHF 29.90

- Entry-level model
- unbreakable plastic housing
- rotor on stainless steel axle
- non-slip rubber band
- resistance 230gr up to 16 kg
- diameter approx. 7 cm
- improvement of the grip strength
- to train the arm muscles

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 (thus quick start for beginners - advanced players start the PowerBall by a quick movement with the palm of the hand)
PowerBall with German instructions

Size: 7.1 cm diameter

Weight: 260g