



# Powerspin® - Triceps, Deltoid & Pectoralis

## Purpose:

Designed to improve the strength and functionality of the whole arm. This exercise **particularly challenges the Triceps Brachii muscles.**

NOTE: All exercises provide a workout for the wrists and hands as the finger and wrist flexors and extensors are required to both maintain a firm grip on Powerspin® and ensure that correct form is maintained during the actual workout itself. It is the additional movements that recruit and target the other muscles.

## Useful For:

Anyone who needs or wants to maintain the strength and power of their upper arms, chest and shoulders. Suitable for a wide variety of sporting activities, especially those requiring a *throwing action* e.g. tennis, basketball, American Football, rugby, badminton, softball, baseball, swimming, javelin etc.

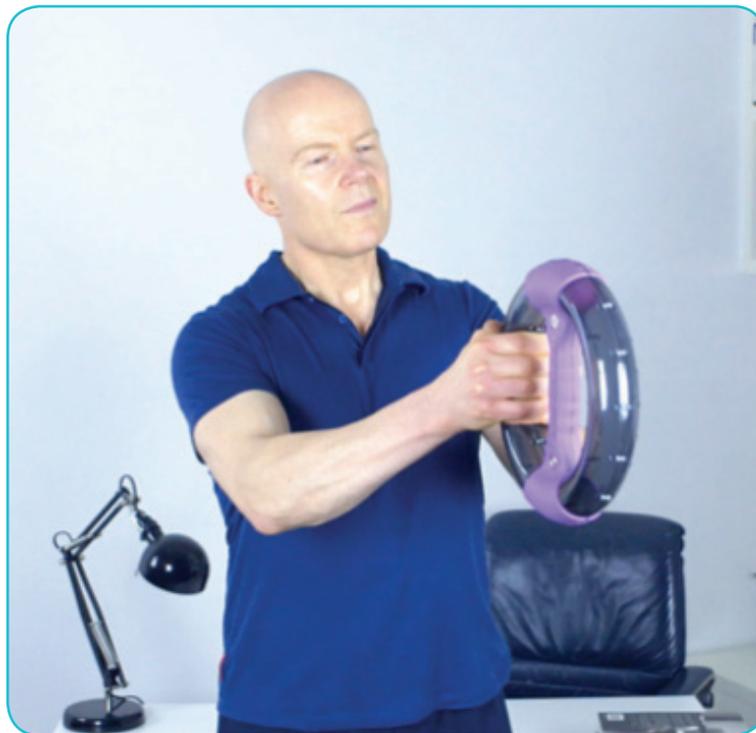
In the non-sporting arena, anyone involved in manual work e.g. plumbers, electricians, painters, carpenters, assembly line workers and especially anyone involved in overhead work.

Can be utilised as part of rehabilitation, recovery and maintenance following:

- **Triceps strain**
- **Upper Trapezius strain**
- **Deltoid (anterior) strain**
- **Rehabilitation of postural conditions such as Upper Cross Syndrome**
- **Shoulder sub-luxation/dislocation**
- **Rotator cuff strain**

## Let's Begin

- 1 Grip Powerspin® firmly by the outer tube shell with both hands, holding it out in front of you as indicated in figure 1. Adopt a comfortable stance with feet approximately shoulder width apart and knees relaxed.



*figure 1 - Start position*

- 2 Keeping your wrist firm, begin rotating the ball inside the tube by moving Powerspin® in wide, lazy circles with just your arm and accelerate up to a comfortable spin speed - if you don't know how, check out the **Getting Started** page on **Powerballs.com** for videos and instructions. This will help to particularly warm up the tricep brachii and deltoid muscles, helping prepare them for increased resistance as this exercise progresses.

**It is important that you spin ONLY with your arm and NOT your wrist, rotating the ball in the tube clockwise or anticlockwise as preferred.**

- 3 Begin to increase ball speed inside the tube; this can be achieved by 'pulsing' the forearms backward and forward in small movements and at a higher frequency.

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NOTE: Please be aware that the faster you try to spin, the more co-ordination and strength you'll require to ensure that proper form is maintained at all times; the resistance generated by Powerspin® increases proportionately to the actual ball spin speed inside the tube and because that resistance is always on, the muscles (particularly biceps brachii & triceps) will tire out quickly, so pacing yourself properly is important in this exercise.

Additionally, you may find yourself being challenged from a coordination perspective in that you cannot see Powerspin® for the duration of this exercise - using a mirror initially may help.

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Now, while spinning at a moderate speed, begin to raise Powerspin upward as illustrated in figure 2 until you have extended it fully over the back of your head [figure 3].



*figure 2 - Mid Position*



*figure 3 - End Position - extending Powerspin® down toward the base of the neck*

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With your arms in this position [shoulders above 90° with elbows relaxed], Triceps works repeatedly as the elbow is extended and flexed rapidly; Triceps is worked both eccentrically and concentrically during this exercise, concentrically on the upward movement and eccentrically on the downward. This effect can be exaggerated by increasing the range that the elbow moves through.

Eccentric strengthening is particularly relevant for rehabilitation of injured muscles as injuries frequently occur during eccentric contractions.

Upper Trapezius is contracting throughout as it stabilises the shoulder girdle to facilitate powerful movement of the arm. Deltoid [anterior] is also working hard as it maintains the shoulder above 90°. Coracobrachialis, Pectoralis Major and the long head of Biceps Brachii are also involved in maintaining the shoulder in a flexed position above 90°.

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NOTE: This exercise puts considerable pressure on all of the muscles listed above. In fact, the further you lower Powerspin® down toward the back of your neck, the more pressure it will place on your arm and shoulder muscles in particular. Therefore, when performing this exercise for the first time, you may find it beneficial to hold Powerspin® somewhat higher above your head as you spin, lowering it down over time as your muscles acclimatise to this unique form of exercise.

# Recommended Guideline Programme

**Initial Session:** 3 X 30 seconds with a 1 minute break between each one. Use this session to establish the speed at which you are challenged but can still keep Powerspin's ball moving inside.

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**Progression:**

- Week 1:** 3 X 30 seconds with a 1 minute break between each one on **alternate days**.
- Week 2:** 3 X 30 seconds with a 1 minute break between each one **daily**.
- Week 3:** 3 X 60 seconds with a 1 minute break between each one on **alternate days**.
- Week 4:** 3 X 60 seconds with a 1 minute break between each one **daily**.

**Further progression can be achieved by increasing the frequency, the repetitions or spin speed and the duration.**

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**Caution:** Rehabilitation following surgery should be approached with care to avoid aggravating structures that are still recovering. Powerspin® develops resistance that is directly proportional to the speed at which the ball is spinning around inside the tube, consequently, you should always spin conservatively when using this product for the first time until you fully establish the resistance levels you are able to tolerate.

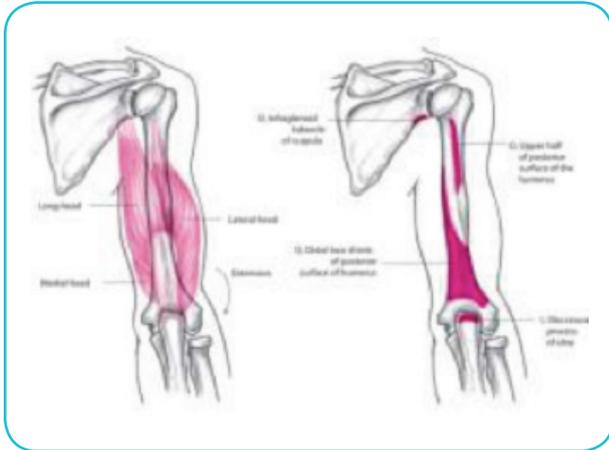
Similarly, the frequency of exercise may need to be modified from that outlined above to allow longer rest periods between exercise sessions. If you are experiencing pain or discomfort, consult a qualified healthcare practitioner before embarking on this exercise.

Some muscle fatigue is to be expected with this exercise much in the same way your muscles might react to a gym workout. However, if you experience actual pain, you should reduce the exercise frequency, repetitions or duration.

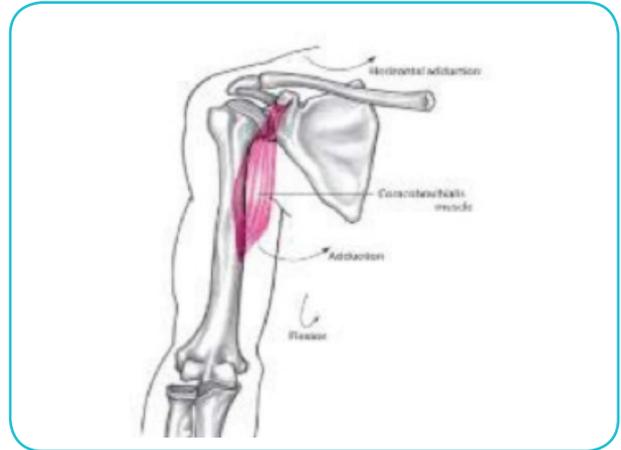
If the pain persists or increases, you should discontinue the exercise and consult a healthcare professional.

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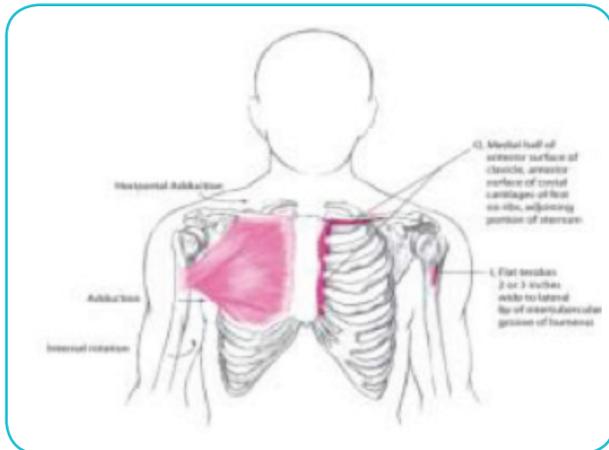
# Muscles involved in this exercise



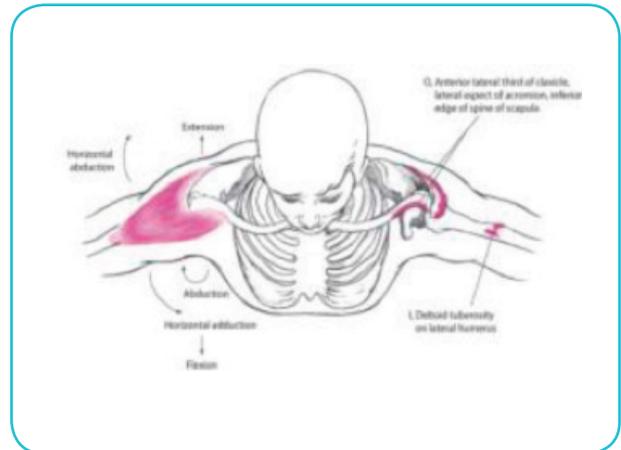
*Triceps*



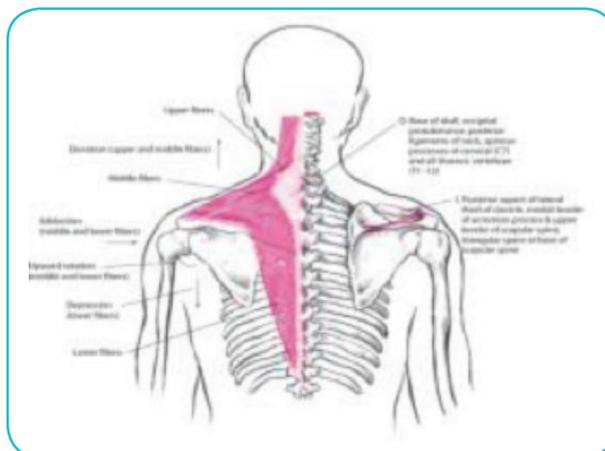
*Coracobrachialis*



*Pectoralis Major*



*Deltoid*



*Trapezius (Upper)*

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### Remember

You are looking to achieve a smooth, progressive spin which will test your fingers by requiring them to grip Powerspin® firmly as the speed increases; if you have strong, injury-free hands and fingers, you may find that lower speeds aren't challenging the muscles sufficiently. Therefore simply increase the spin speed until you arrive at a point where there is gentle fatigue building in the tissue and you're having to work hard to maintain that firm grip around the handle to avoid dropping Powerspin®. Holding this state for 30 - 60 seconds will produce definite results.



### Learn More

As always, progress is achieved by following a regular exercise programme, further details regarding usage frequency, repetition and spin technique can be found on our website [powerballs.com](http://powerballs.com).



### Important

Should you experience any pain or discomfort when exercising with Powerspin® or in general, speak to your physio or qualified healthcare practitioner to get the best advice and support.