

## Starting Powerspin®

It is possible to perform a large number of highly effective exercise workout movements with this unique product, all of which will efficiently target a different muscle group in the arm, shoulder or abs and require a slightly different starting technique each time.

A little co-ordination is required to ensure a smooth spin action and you'll likely find it's easier to learn this technique while using Powerspin® in your naturally favored / dominant hand first before progressing and using it in the other hand.

Please note that **Powerspin® is activated and operated entirely by the ARM and NOT the wrist**; therefore, it is essential that the wrist is kept locked firmly in position relative to the arm once you begin each exercise and that all rotational movement is done by the arm ONLY.

We recommend you begin with the easiest Powerspin® exercise movement to master;

**Forearm60™** - this movement predominantly targets the forearm, but also invokes bicep, tricep, shoulder, chest muscles & tendons.

If you're right hand dominant, we recommend spinning the ball in a clockwise motion; if left hand dominant, we recommend spinning in a counterclockwise motion – at least while learning the correct technique

## Let's Begin

- 1 Firmly grasp the center handle with your dominant/favored hand.
- 2 Extend your arm FULLY down so that Powerspin® is resting by your hip and completely FLAT (parallel to the ground) as illustrated in figure 1.

## Starting Powerspin®



*figure 1*

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Orient your hand so that you're comfortable; some will prefer to have the handle of your Powerspin® pointing out in front of them; others will prefer to have it pointing in toward their hip; while others will have it diagonal – there is no right or wrong way, just whatever your hand is most relaxed with.

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Keeping your wrist firmly locked relative to the arm and Powerspin® flat, begin to rotate your arm in a wide, slow, steady circular motion (as if waxing a car); if you're doing this smoothly and correctly, you'll note that the ball will begin to rotate around inside the tube in sympathy with your movement (figure 2)



*figure 2*

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You'll find that you can vary a *Forearm60™* workout quite significantly by simply orienting your hand position either clockwise or anticlockwise during the spin or bending the elbow slightly - you'll feel the subsequent effect of this upon the forearm, bicep and shoulder immediately.

Additionally, you'll engage a different muscle group by simply switching the ball rotation direction [clockwise to anticlockwise and vice versa] and/or extending out the arm horizontally as illustrated in figure 3.



figure 3

There is no rush at this point, no need for excessive speed; just focus on the movement of your arm required to ensure smooth, steady rotation of the ball and ensure that the tube is kept flat at all times for this particular exercise.

The ball should be spinning ONLY as a result of the rotations being made by your arm and never by your wrist. If the ball stops spinning then it's as a result of your technique – simply slow back down and ensure the wrist is locked firmly in position until you get back in 'sync' with the movement required to maintain a smooth, continuous spin.

Because it is a completely non-impact device which generates resistance which is directly in proportion to the ball speed inside, Powerspin® may be used for both strengthening and rehabilitative purposes and is a highly efficient form of isometric exercise which means that the muscles will remain fully engaged while the ball is spinning.

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Therefore, it's not especially about ball speed with Powerspin® and more about your ability to keep the ball spinning at a moderate to fast pace for bouts of just 60 seconds each time – this will particularly build muscular endurance and also drive significant blood flow right throughout the entire arm, making it an excellent warm-up and recovery device for all manner of upper limb conditions.

For further reference, a full range of Powerspin® exercises may be found on the **Powerballs.com** website.

You can reach me personally on [rorymc@powerballs.com](mailto:rorymc@powerballs.com)

Thank you for your valued business and consideration of our products.

Sincerely,



Rory McLoughney  
CEO, RPM Sports Ltd



### 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.