

CAN'T START THE BALL?

You're doing it 'right' but it stops spinning after 15 seconds? We promise it's just a simple timing issue! (Think hula hoop or riding a bicycle...you need to be in sync/phase with the ball) Just watch the video on this web page and it will all make sense :

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Congratulations!

You have just selected one of the world's most finely tuned instruments. Your new 250Hz gyroscopic wrist exerciser has been carefully constructed using high quality materials and is precision balanced to allow it achieve rotational spin speeds in excess of **15,000rpm (250Hz)**.

In order to experience maximum enjoyment from this product, please read the following instructions carefully before use;

HOW TO START:

Starting your 250Hz gyroscopic wrist exerciser is an easy process once the correct technique has been learned. Please proceed as follows:

Step 1. Hold the ball as illustrated in **Fig 1**. Use BOTH thumbs to wind the rotor forward in the direction of the **arrows embedded in the black tracks**. After approximately 2 complete turns the rotor will be fully wound and ready to start. **AVOID OVERWINDING THE ROTOR**

Step 2. Keeping your thumb firmly on the tensioned rotor, transfer the ball to your **DOMINANT** hand and grip it firmly (**Fig 2**). Try to space your fingers ALL around the shell circumference for extra grip security.

Step 3. Now, release the tensioned rotor by lifting your thumb (**Fig 3**) and immediately invert your hand such that the rapidly spinning rotor is now facing the ground as per **Fig. 4**.

Step 4. Begin to rotate your wrist (**NOT THE ARM!**) in a slow circular motion. (*This is the part which is difficult to explain in writing; imagine an instruction booklet that tries to teach you how to ride a bicycle...!*)

Step 5. If the speed of your wrist rotation is timed correctly, you'll begin to feel resistance building inside the ball as the rotor spin speed increases and it begins to 'fight' against your efforts to accelerate the spin..

...and just like riding that bicycle, only YOU will know when you're correctly in sync/phase with the spinning rotor. Time it correctly and spin speed builds to astonishing levels...get it wrong and the ball stops in seconds.

Please read the following 3 tips - we've been selling this gyroscopic exerciser worldwide for over 20 years and these have proven the most effective ways for our customers to master the correct spin technique.

And please **don't EVER give up and think your ball is broken!** It's **absolutely not**. The hula hoop isn't broken when it falls to the floor...the bicycle isn't broken because you keep falling off. (*It's you grasshopper...you've got to feel your inner rotor...!*)

Useful tips on starting and spinning:

i) Imagine stirring a large pot with a long wooden spoon while keeping your arm **ABSOLUTELY STILL** and using **ONLY** your wrist. Lazy, slow, circular rotations of the wrist in a nice smooth stirring motion. 'Stir' too fast OR too slow and you'll go of sync and the ball will stop. You will be able to determine how fast or slow to 'stir' through how the ball feels as it spins.

ii) Alternatively, imagine you are holding a glass with ice cubes sitting on the bottom and you're trying to get those cubes to swirl around smoothly with **ONLY** your wrist - **NO** arm movement. That's the same action required here.

iii) If you are struggling with the the motion required for steps i) or ii) then an alternative motion is for you to imagine that you're rapping on a door with your knuckles while keeping your arm absolutely still. The hand goes up and down in a smooth flexion/extension movement. You may find this action more intuitive at the beginning and can switch to 360 wrist rotation *mid spin* once you've managed to get the rotor spinning quickly enough.

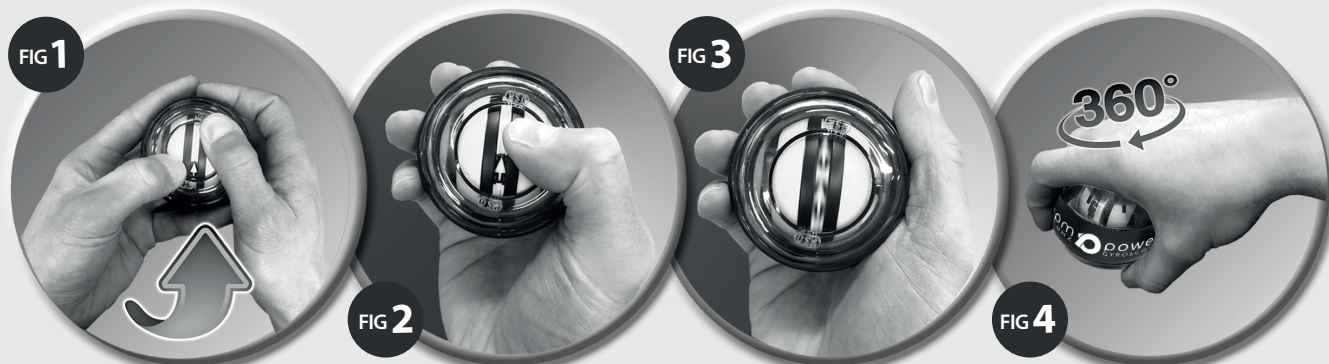
Some will 'get it' in just 60 seconds. Some will take an hour. It's normal.

Along the way, you'll go in and out of phase with the ball and it'll stop after 15 seconds and you'll wonder what's wrong, *is it broken?* It's not, it's just that you might be literally a 1/2 second out of phase and it won't work! So have patience, slow down your wrist rotation, or increase the diameter of the wrist turns until you get back in phase / sync again and suddenly you'll have that Eureka moment when it all falls into place, **the ball comes fully alive in your hand and you're there!**

SPIN SPEED

Spin speed is a matter of personal preference. A long, slow spin brings soothing relief and rehabilitation to inflamed muscles and tendons in the arms & wrists (RSI), while higher speed spins for shorter durations help to build strength and endurance from finger tip right through to shoulder.

We recommend that you use your 250Hz gyroscope for 3-5 minute spins several times daily and always within your own physical ability. There is no 'right' speed - it's down to age, fitness level or whether you're carrying an injury in the limb. Only you can know the correct spin speed and duration but, like any form of exercise, the more you spin, the stronger you'll become and, within 30 days, a healthy user will experience a *significant* increase in forearm, wrist and grip strength, it's guaranteed.



FOR INSTRUCTIONS, VIDEOS & OTHER HELPFUL TIPS VISIT WWW.RMPPOWER.COM/START

250HZ GYROSCOPE


USER GUIDE & DETAILED INSTRUCTIONS




SPEED METER FUNCTIONS:

(Note: an LCD Speedmeter is fitted on 'Pro' models only)




1. Total Accumulated Revolutions

Power on the LCD counter and press the 'FCN' button to reveal the  on the display. This mode calculates the accumulated rotor revolutions during a session and records each 100 rotations as one unit - for example 7240 revolutions will display as 72.


2. 'Real Time' Revolutions

Press the 'FCN' button to reveal the  on the display. This setting allows real time monitoring of the rotor's RPM (revs per minute) speed.

3. The Highest RPM

Press the 'FCN' button to reveal the  symbol on the display. While the rotor is stationary, this counter setting will automatically display the highest RPM ever achieved on the ball. Once the rotor is in motion however, the mode automatically changes to the  setting. This will effectively record the highest score achieved during the *current* session. If this is a higher score than the current record held in the counter's memory, then the display will flash and the new score will automatically overwrite the old high score once the rotor stops turning. However, if the new score achieved is lower than the current high score in the counter's memory, then it will remain on the display until the rotor stops and revert back to the  mode once again.

4. Physical Strength Index

Press the 'FCN' button to reveal the  on the display. This setting will begin to record the number of actual revolutions made during the 30, 60 or 90 second interval immediately after the rotor is set in motion. The display begins counting down and continues until the last 5 seconds whereby the accumulated revolutions achieved will appear. This is a superb test of your strength as you'll need to keep the rotor spinning at the highest possible revs for a period of 30, 60 or 90 seconds in order to achieve a maximum score (*this is not easy, trust us on that!*)

NOTE: The counter display powers off automatically following a period of 40 seconds where no rotor movement has been detected. Depending on use, batteries can last for several years. Replacement batteries can be purchased from your local jeweller, stationery or hardware supplier.

250Hz Gyroscopic for exercise/strengthening:

This is an extremely efficient exercise tool with which to build huge power in the arms, wrists and fingers. Its unique functionality makes it of particular benefit to enthusiasts of many different types of sports such as golf, tennis, squash, cycling, climbing and all other activities demanding increased grip strength & endurance.

It's great for musicians too; drummers, guitarists, pianists (in fact most musicians) will benefit from the increased strength and dexterity that a 2-3 minute spin will bring to their fingers and wrists. Check our website for recommended strengthening programmes.

However, as with all forms of exercise, you should never attempt to over exert yourself with this product and should consult a physician if in any doubt about your personal level of fitness.

Using the Gyroscopic for upper limb rehabilitation

This 250Hz gyroscopic generates resistance which is directly in proportion to the effort expended by the user. When used at lower spin speeds, this resistance is low and it becomes a very effective tool with which to soothe and rehabilitate sore or damaged limbs or to help reduce the inflammation caused by Arthritis, Carpal Tunnel Syndrome, RSI or Tendonitis.

Recommended by doctors and physiotherapists, your 250Hz Gyroscopic is 100% non-impact during its operation and helps enhance circulation and drive significant blood flow throughout the limb, which promotes far faster recovery when compared with leaving the limb completely sedentary.

General Precautions (Note: ensure fingers/hands are clean and free of cream or oil before using this product):

- 1) Because it's classed as an exercise device, persons with heart conditions of any description are recommended to consult with their physician before using this product or to at very least ensure that they spin within their own physical ability at ALL times. (Note: as the resistance generated at lower spin speeds tends to be localised to the upper limbs, it is FAR less stressful on the body than other forms of isotonic exercise (such as weight lifting for example) so please bear that in mind).
- 2) Anyone capable of securely holding the ball in their hand can use this product. However, it is recommended that children under 12 are **ALWAYS** supervised by an adult during use to help avoid overstraining developing limbs from the resistance generated at higher spin speeds.
- 3) AVOID touching the rotor surface while it is spinning as it can cause friction burn or pinch the skin. **ALWAYS** ensure to point this out to younger users before allowing them to use the device.
- 4) DO NOT DROP the ball at any time - the heavy rotor will damage the inner surface of the sphere and may result in 'knocking' noises and/or some vibration during use.
- 5) Avoid operating the ball in a dusty environment and **NEVER** attempt to oil the mechanism as doing so will disable the gyroscopic action.
- 6) Always support the sphere **FIRMLY** in the hand EVERY TIME the rotor is spinning inside - failure to do so won't cause any significant reduction in the life expectancy of the device but it may make it noisy and 'rough' sounding over time.

THOSE SPIN SPEEDS AGAIN:

Slow spin speeds for gentle rehabilitation & high spin speeds for building powerful forearm, wrist and grip strength.

****REMEMBER: ALWAYS spin WITHIN your own physical ability****

12 month warranty

Your new 250Hz gyroscopic is a remarkable and highly unique product. Properly cared for, it will bring you many years of beneficial enjoyment.

Should you have a question about your new gyro which hasn't been addressed properly within these instructions then please don't hesitate to get in touch with us at the following email address:

info@rpmpower.com

And remember:

The most common question we receive is:

"I've read the instructions, watched the videos but it still won't stay spinning and stops after 20 seconds, it must be a faulty ball, right??"

It's not. If your new gyroscopic fails to start, in 99.99% of cases it will be technique related as opposed to a product fault. Remember: **If you're just 0.5sec out of phase with the rotor it will stop after 15 seconds!**

Persist with slow, steady rotation of the WRIST ONLY (arm must always be 100% still...it never moves!) until you get into 'sync' with that spinning rotor and feel the almost surreal resistance emitting from the ball once you're "locked in". Practice really does make perfect and your arms and wrists will be thanking you for many years to come.

As do we - **thank you so much for your business** - we appreciate it greatly and hope that you'll really enjoy this wonderful new product.

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