



POWER MED-BALL™

IMPORTANT INFORMATION
PLEASE READ AND KEEP

DISCLAIMER

The following guidelines should be observed when using the Power Med-Ball™.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- NEVER add air to the Power Med-Ball™. Power Med-Balls™ are produced with a specific volume of air. Exceeding this volume decreases the strength of the ball shell and can lead to deformation of the ball and increase the incidence of splitting or rupture of the shell.
- Power Med-Ball™ should only be thrown against hard, smooth surfaces. Exposing the Power Med-Ball™ to jagged or rough surfaces can damage the shell.
- Inspect the Power Med-Ball™ prior to each use. Verify that ball is not split, cracked or deflated.
- If there is evidence of splitting, cracking or deflation do not use. Promptly contact a Power Systems representative for warranty information and replacement.
- Power Med-Ball™ is not a toy. Children should only use with adult supervision
- Power Systems, Inc. assumes no liability for accidents, injuries or damages that may occur with the use of the Power Med-Ball™.

POWER MED-BALL™

The Power Med-Ball™ is intended for dynamic training exercises of varying difficulty. The hollow core of the Power Med-Ball™ allows the ball to bounce / rebound off of hard surfaces. The dynamic exercises target users of multiple skill levels and can be performed in multiple training environments.

EXERCISES:

1. FRONT SQUAT

While holding the Power Med-Ball™ extend the arms directly out in front of the body with the elbows extended or slightly flexed with your feet shoulder width apart or slightly wider. While keeping your weight over the heels squat down until the tops of your thighs are parallel with the ground. It is important to keep the knees directly over the feet. If you experience the knees going past your toes reset your base and focus on bending first at the hips and then the knees. Once in the squatting position, hold briefly then extend the legs to return to the starting position.

2. OVERHEAD SQUAT

Press the Power Med-Ball™ directly overhead so that your elbows are next to your ears and position your feet shoulder width apart or slightly wider. While keeping your weight over the heels squat down until the tops of your thighs are parallel with the ground. It is important to keep the knees directly over the feet. If you experience the knees going past your toes reset your base and focus on bending first at the hips and then the knees. Once in the squatting position, hold briefly then extend the legs to return to the starting position.

3. WOOD CHOP DRILL

Standing upright with feet shoulder width apart, extend arms above your head making sure to keep the elbows straight. When the arms can no longer extend behind the head quickly swing the arms forward and bend at the waist until the ball approaches the floor directly in front of your feet. Reverse and raise the ball back overhead. Continue this chopping pattern until the specified number of repetitions has been completed.

4. DIAGONAL WOOD CHOP DRILL

This drill is very similar to the Wood Chop Drill. Start by extending the Power Med-Ball™ overhead with both hands to one side of your head. Twisting through your mid-section bring the ball down towards the opposing leg. Continue until you no longer can comfortably extend downwards or the ball touches the ground outside the foot. Reverse the movement to bring the ball back to the starting position. Complete the desired number of repetitions then switch sides.

5. CHEST PASS

Perform this exercise with a partner or against a hard wall. Stand 8 to 12 feet from the wall or your partner. Start with the feet spaced approximately shoulder width apart and position the ball out in front of your chest. Step towards your target and press the ball away from you towards it. This pass can be a straight chest pass or you can make it a bounce pass (recommended for beginners). As you complete the pass follow-through with the trail leg and reposition yourself in an athletic position with legs bent and arms out in front to receive the ball as it returns. **CAUTION: IF YOU ARE USING A WALL BE PREPARED AS THE POWER MED-BALL™ WILL REBOUND QUICKLY AT YOU.**

6. OVERHEAD PASS

Start by positioning the ball overhead with legs approximately shoulder width apart. Start by pulling the ball back over the head and then snap the arms forward while simultaneously stepping with your lead leg. It is important to utilize the power of the legs and core to accelerate the ball. Complete the movement by bring the trail leg forwards and positioning yourself in an athletic position to receive the ball as it returns. **CAUTION: IF YOU ARE USING A WALL BE PREPARED AS THE POWER MED-BALL™ WILL REBOUND QUICKLY AT YOU.**

7. POWER SLAMS

Start by positioning the ball overhead with legs approximately shoulder width apart. This drill is focused on rapid acceleration of the ball. Pull the ball back over the head while rising up on the toes to load the muscles of the core and shoulders. Rapidly flex at the shoulders, hips and knees while keeping the arms in extension to slam the ball into the ground directly in front of you. **CAUTION: DUE TO THE RAPID REBOUND OF THE POWER MED-BALL™ ALWAYS AIM SEVERAL INCHES PAST YOUR FEET TO REDUCE THE RISK OF THE BALL STRIKING YOU ON ITS WAY UPWARD.**

8. OVERHEAD TOSS

Hold the Power Med-Ball™ in an underhand grip with the legs approximately shoulder width or slightly wider. Keeping the back straight quickly accelerate the ball downwards between your legs bringing your thighs towards parallel with the ground. At this position quickly reverse the path of the ball by forcefully extending through the ankle, knees and hips, back and shoulders to rapidly accelerate the medicine ball backward over your head.

For more information regarding the Power Med-Ball™
and other training products and programs, contact:

Power Systems, Inc.
P.O. Box 31709
Knoxville, TN 37930
1-800-321-6975
www.power-systems.com

Copyright © 2005 by Power Systems, Inc.