


Functions & Features of Powerball

All Powerball models have the ability to record the rotor velocity by means of a *digital speedmeter* attached to the top of the sphere or actually built into the rotor


250Hz & Neon Powerball series

The Speedmeter on this model has 4 specific functions




1. Total accumulated Revolutions

Press the 'FCN' button to reveal the  symbol 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  symbol on the display. This counter setting allows realtime monitoring of the rotor's RPM (rev's per minute) speed.

3. The Highest RPM

Press the 'FCN' button to reveal the  symbol on the display. When the rotor is stationary, this counter setting will automatically display the highest achieved RPM - a score which will remain until reset using 'CLR'. Once the rotor is in motion however, the mode automatically changes to the  setting. This will effectively record the highest score during (that) 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. If the score is *lower* than the current high score in the counters memory then it will remain on the display until the rotor stops and revert back to the  mode once again.

4. The Physical Strength Index

Press the 'FCN' button to reveal the  symbol 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 Revs will appear. This is a superb test of your strength as you need to keep the rotor spinning at the highest possible rev's for a period of 30/60 or 90 seconds in order to achieve a maximum score!

'Techno' Powerball series

The Speedmeter is built into the rotor and has 2 functions:

1. Highest Score Achieved

Activate the rotor in the direction of the arrow on its surface and bring the rotation speed up to 6000rpm. The first of the 7 LED's built into the surface of the rotor will illuminate. Each subsequent 1000rpm achieved will activate an additional LED. The ball stores the highest speed achieved in its memory and once this has been exceeded, the full band of illuminated LED's will begin to flash. After a run has been completed, hold the ball firmly in hand and let the rotor slow down. Once the last LED line extinguishes, the highest score achieved will scroll magically across the surface of the rotor - (the skill is also in holding the actual unit steady enough to allow you to read it!)

2. Number of Revolutions in 30 Seconds

Activate the rotor so that the first LED illuminates. Hold that speed for approx. 18 seconds. The blue LED will now illuminate and begin flashing on and off to signify the start of your 30 second run. **Spin the rotor as fast as possible for this 30 second duration!** Once the time has elapsed, the blue LED will illuminate continuously. After 3 seconds, the achieved score will scroll across the surface of the rotor.

The counter display on the 250Hz and Neon models will power off automatically after a period of 40 seconds if no rotor movement is detected. This will help to yield a battery life of several years. (Batteries can be purchased from your local jeweller/watch store) No batteries are required for the Techno model.

Using Powerball as an Exercise Instrument







Powerball is an *extremely* flexible 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 sport such as *Golf, Tennis, Baseball, Boxing, Mountain Biking, Fencing, Climbing, Cycling, Martial Arts, Archery, Moto Cross, Shooting, Badminton, Hockey* and all other activities demanding *increased power in the arms, hands and wrists.*

Using it for just **5 minutes each day** will guarantee additional distance in the golf drive, greater power in the tennis serve and serious wallop in your baseball game, to detail just a few of its advantages to sport.

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.

'Powerball generates resistance which is directly in proportion to the effort expended by the user' Which means that when used at lower speeds, it is also a very effective tool with which to help sooth and recuperate sore or damaged limbs, or help reduce the inflammation caused by Arthritis, Carpal Tunnel Syndrome, RSI or Tendonitis. *Powerball is totally non impact.*

General Precautions

-  *Persons with heart conditions of any description are recommended not to use this product.*
-  *Because of the high inertia developed, Powerball is not recommended for use by people under the age of 14*
-  *Avoid touching the rotor if it is spinning at high speeds - it will burn!*
-  ***Do not DROP** the ball at any time - the heavy rotor will damage the inner surface of the sphere.*
-  *Please keep the inner part of the ball clean and avoid any form of lubricant or oil contamination.*
-  *Always support the sphere **FIRMLY** in the hand **EVERYTIME** the rotor is spinning inside - failure to do so won't cause any significant reduction in the life expectancy of the your new Powerball but will make it noisy and 'rough' sounding over time.*

Powerball is a remarkable and highly unique product. Properly cared for, we guarantee that 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@powerballs.com or consult the FAQ section on the Powerballs.com website. Your query will be given our full and prompt attention. *Thank you!*