

Media Release

Powerball - Powerful Hand Hurricane Builds Strength And Muscle

It is similar to a tennis ball in size and weights only around 380 gram, but can create enough resistance to exert phenomenal pressure on fingers, wrists, arms and shoulders.

Introducing Powerball, a unique new sports, fitness and fun tool.

Without even the slightest vibration, Powerball can spin over 16,000rpm – creating up to 22 kg's in weight, all powered by simple arm and wrist movements. The resistance climbs in proportion to the speed of the internal rotor, the faster it is spun the more demanding it becomes. People find themselves using and exercising muscles that they weren't even aware they had.

The hand gyro concept was originally developed by NASA to help with zero gravity training conditions and has developed to such a degree that the Powerball is now available worldwide. Powered simply by setting the rotor in motion using a cord or finger, the user quickly creates speed and resistance by a subtle rotation of their wrist. Powerball generates levels of gyroscopic inertia previously unheard of for its small size. It contains no motor or batteries. The energy comes from the user, the stronger the user the more resistance they will create.

Unlike free weights, where each exercise targets one specific muscle group, Powerball is the equivalent of having 50 different dumbbells in one unit. Powerball works from your fingers through to your shoulders, and will test up to 90% of the arms muscles in one single 5 minute session.

No matter how fit someone is from regular weight lifting or other sport, using Powerball for the first time will genuinely burn. Such strength enhancement in the wrists, arms and shoulders is beneficial for a vast range of different sports, and has helped thousands to greatly improve in their chosen field. Any sport which involves extensive use of the arms, shoulders and wrists may see significant results even after just 30 days of use.

World renown Professional Martial Arts Instructors like Si-Fu Stefan Fischer or John Will use the Powerball for their own training and highly recommend it to their students.

Senior Golf Professional Karl Woodward, the current Golf Drive World Record Holder with an astonishing 373 metre drive, recommends Powerball unreservedly to all golfers to help massively increase the length and power of their golf drive and long game.

Computer users all over the world are using Powerball to gently work their lower forearm and wrist joints, which can assist in preventing carpal tunnel syndrome and repetitive strain injury from occurring. As well as that, competition in offices is becoming fierce, as work colleagues attempt to top each other's high score. This is a fantastic way to create office competition while having a break from the computer.

The Powerball Range is available from \$49.95 for the Powerball 250Hz Pro to \$199 for the Powerball Metal and come with a full guarantee making it a great gift as well as an exercise tool.

Available at selected retailers throughout Australia and on-line via www.powerballs.com.au

Products are available for sampling.

For further questions please contact:

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High resolution product images are available from our web site www.powerballs.com.au in the media section.

