

Starting a Pull-Cord Activated Powerball®

In this guide, you'll learn the correct technique for activating any Powerball® that requires a starting cord; it's a simple process and this short guide shows you exactly what to do.

Let's Begin

- 1 Holding your Powerball® firmly in your NON-DOMINANT hand - that is; place Powerball® into your right hand if you're naturally left handed and into the left hand if naturally right handed - begin by inserting the plastic tip of the red cord into the hole in the center groove of the rotor (figure 1).



figure 1

- 2 Proceed to wind the rotor forward with the thumb of your NON-DOMINANT hand, while maintaining pressure on the cord between the fingers of the other hand to ensure there is NO SLACK as it winds up around the rotor groove. You'll find that this is most easily achieved by pressing the cord down gently but firmly onto the shell surface with the thumb of your dominant hand (figure 2).

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figure 2

3

When there are only about 3 or 4 inches of cord remaining, stop winding and place Powerball® into your DOMINANT hand, gripping it firmly with fingers placed all around the shell circumference to ensure a solid hold - invert your hand 180 degrees so that Powerball® and the cord are now pointing down toward the floor [figure 3].



figure 3

4

Grasping the cord firmly between the fingers in your free hand, give it a quick, sharp tug VERTICALLY DOWN toward the ground. Please note that **it is VERY important that the cord is always pulled STRAIGHT DOWN and never at an angle** – this will ensure that there is no opportunity for it to snag or jam inside the rotor mechanism.

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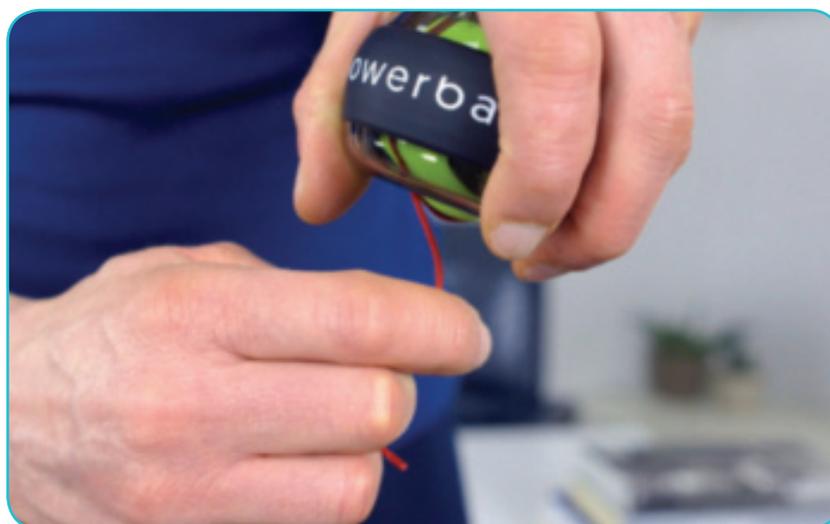


figure 4

5

The rotor will immediately accelerate to 2,500 to 3,500 revolutions per minute, which is the ideal Powerball® starting spin speed.

6

At this point begin to rotate your wrist in a slow, smooth 'stirring' action (figure 5). You are now ready to begin exercising and rehabilitating with your Powerball®.



figure 5

Developing a smooth spin technique

- 1 Your Powerball® should now be facing the ground with the rotor spinning at approximately 3000rpm. You'll quickly become aware of when the rotor has reached this ideal starting speed by the gentle force you'll feel building up from within your Powerball®.

Begin to rotate your wrist in a smooth, slow, circular motion. Please note: **NEVER rotate your arm – the arm must ALWAYS remain fixed and steady**; speed is developed by wrist rotation only - it's just like swirling ice cubes in a glass.

- 2 Wide, lazy wrist movements are preferred initially, at least until the rotor speed increases. For the first 15-20 seconds as rotor speed builds, we recommend that each turn of the wrist should be no more than 6 inches (15cms) in diameter and approximately 1-2 rotations per second, but keep in mind it's not actually about speed here, it's more about synchronising your wrist rotation to the rhythm of that spinning rotor

- 3 Try to avoid short, fast wrist rotations during those initial 15 – 20 seconds as this will likely put you out of 'sync' with the slow spinning rotor and will usually result in an audible 'clacking' noise from the ball. If you do experience this, simply slow down the rotation speed of your wrist or just widen the diameter of the turning circle again and you'll quickly come back into 'sync' with the rotor and feel its internal resistance building once more.

Developing speed

To increase the speed of the rotor, gradually increase the frequency of your wrist rotations while at the same time reducing the diameter of the turning circle. Be careful to do this in a smooth, progressive manner; if you try to build rotor speed too quickly right at the very beginning of a spin, you'll risk running out of 'sync' with the rotor and it'll begin to slow down instead and possibly even stop.

Imagine stirring a large pot in gradually smaller circles using JUST your wrist and while keeping your arm rock steady, working your way from the outside circumference of the pot right into the center... as you work your way in, you'll observe that those stirring circles of the wrist will be getting smaller and smaller, faster and faster until you get close to the center of the pot at which point you'll be in a stirring frenzy!

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This is the same principle used to increase Powerball's rotor speed... the smaller those turning circles of the wrist, the faster the rotor will be spinning and the harder it will be to control as a result of the growing internal resistance being generated by the ball.

Alternatively, imagine you have a small glass in your hand and at the bottom of the glass there are 3 ice-cubes. Holding the glass by the top rim using just your fingertips, imagine rotating your wrist in a lazy circular motion so that you're getting those ice-cubes to swirl around inside the glass – using ONLY your wrist and keeping the arm still.

That's the technique you'll require with Powerball®... just feel for the almost magical resistance that the rotor generates; in fact, it's definitely a 'wow' moment the first time you feel it... that silky smooth gyroscopic force called 'precession'... very surreal indeed – and once you feel the rotor 'bite' you'll quickly feel (and hear) it gather speed and you're off..!

Play around with this; practice slow speeds at first and then gradually build rotor speed. Also try gradually reducing speed until the rotor is spinning at just 2000 – 3000 rpm and then try to keep it spinning in that ultra slow speed range; this will help you develop full control over your Powerball®.

Once you develop the basic spin technique with your dominant hand we recommend you switch to your less dominant hand. You will definitely find it more difficult to develop a smooth spin technique with this hand initially, but keep in mind that Powerball® helps develop excellent limb co-ordination and we guarantee that with just a little practice you'll see significant speed increases in this hand as both co-ordination and muscle strength improve.

REMEMBER: Some of you will 'get' this within 60 seconds... perhaps even on your very first attempt.

That is a sign of excellent co-ordination and we would compliment you.

However, in other cases, it can take longer – in fact, we have sometimes been told by our customers that it's taken them.... a full day.... to get that 'a-ha!' moment where they finally get in 'sync' with the rotor and feel the magical resistance flowing from Powerball®. [And when they do, they wonder why it's taken them so long!].

The one thing we want to assure you in such cases is that your Powerball® is not faulty; if you can't start it then, in 99.99999% of cases, it's down to incorrect operating technique and in these instances we'd encourage you to visit the '[Getting Started](#)' page on powerballs.com to watch a video of this instruction sheet, or to pop onto Youtube and watch any of the hundreds of little 'how to start Powerball' videos you'll see on there posted by our satisfied customers from around the world.

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Alternatively, please give us a call and we'll talk you through the process over the phone [+353 504 23969] – it's always a great pleasure for us to chat with our customers and I can promise we'll have you up and spinning in no time.

The only reason your Powerball® won't start, apart from a poor starting technique, is that;

- something has managed to get inside the mechanism and has disrupted that perfect frictional relationship which exists between the various components inside – this is usually a piece of fluff or some hair, albeit this would be extremely rare.
- Oil or grease has managed to find its way onto the rotor either from your hands or by some other means

In such cases, the ball is easily opened (please [check the FAQs on Powerballs.com](#) for instructions) and the offending piece of hair/fluff or oil removed.

We hope you'll really enjoy your new Powerball® and again invite you to write to us with any questions you might have regarding this unique device or even a couple of lines telling about how Powerball® has helped to strengthen or rehabilitate your own particular upper limb condition – your feedback will be greatly appreciated..

You can reach me personally on 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.



Important

Should you experience any pain or discomfort when exercising with Powerball® or in general, speak to your physio or qualified healthcare practitioner to get the best advice and support.