

# POWERBALL/SPORTS GYROCISER INFORMATION

You set this rotor in motion using a cord or your finger and build its speed by subtle rotation of the wrist. It contains no motor or no batteries. All of the energy which we describe below comes from you dear reader and the stronger you are, the faster you will be able to make your NSD Powerball spin!...and the faster you spin the inner rotor the more inertia it generates and the more resistance it subsequently inflicts upon the fingers, hands, wrists, arms and shoulders.

## **All sounds basic enough I hear you say?**

In theory, it's quite a basic principle (the principle of **precession** - those *magical* forces emitted by a fast spinning flywheel) but in practice, it's an entirely different matter and one which has been responsible for the *worldwide explosion* in demand for hand gyro products - millions have been sold during the past 24 months alone.

These unique instruments generate massive force and put the shoulders, arms and wrists of the user under big pressure - making them ideal for fitness enthusiasts and virtually every kind of sport imaginable.

And in addition, because the inertia (*or gyroscope resistance*) generated within the NSD Powerball is directly proportional to the speed at which you are spinning the rotor - these precision instruments are just as capable of gently rehabilitating a damaged limb (wrist breakage, carpal tunnel syndrome, RSI, tendonitis, tennis elbow, golf elbow etc.) as they are at building huge muscle in the arms and shoulders - its a completely **non impact** form of exercise and is all about rotor speed.

## ***'Non Impact'***

This is the key to the concept behind the device and the main reason why it is master of so many talents: NSD Powerball is a *completely non impact device* which, despite being just the size of a tennis ball and weighing only a little more, has the ability to exert phenomenal pressure on the fingers, wrists, arms and shoulders of the user if activated correctly.

There is no motor inside - instead, you have a perfectly balanced rotor (flywheel) which generates inertia as it is spun.

The speed of the rotor can range from around 2000rpm [at which point NSD Powerball is generating about 1lb of resistance on the arm/wrist] up to in excess of 15,000rpm [at which speed your arm and wrist are being subjected to almost 40lbs of resistance and are receiving a workout like no other you will have ever experienced!]

## **Fitness Benefits**

No matter how fit your arm and wrist is currently, from working dumbbells and free weights down at the gym for example, using NSD Powerball for the first time will genuinely *burn*.

This exciting product takes your wrist through the full range of motion while simultaneously *adding resistance* - something that no standard free weight or regular form of exercise even comes close to and in this manner, you find yourself using and exercising muscles that you probably weren't even aware you had. In addition, because it is capable of emitting resistance from between 1 - 40lbs, its literally like being able to carry 50 different dumbbells around...*in your pocket*.

Of course, like any form of intensive exercise, the burn and discomfort eventually diminish and you are left with a substantially more powerful limb - (most specifically in the area of the wrist, forearm & grip strength) but globally including the shoulder and upper arm areas in addition to the above.

## **Sports Benefits**

Such strength enhancement in the wrists, arms and shoulders translates very well in the sports world where NSD Powerball has helped thousands to greatly improve in their chosen field. Literally any sport which involves extensive use of the arms, shoulders and wrists will see significant results even after just 30 days of use as the product goes to work on the respective limbs.

We are proud to be able to report on the huge part NSD Powerball played in the recent achievements of senior golf pro Karl Woodward as he repeatedly shattered the Guinness world record for golfs longest golf again and again while using [his NSD Powerball] and offer the product with the full guarantee that it will greatly add benefit to your own chosen game should you decide to try one out.

## **Rehabilitation Benefits**

NSD Powerball is capable of hitting your shoulders arms and wrists with an extreme workout which is guaranteed to add significant strength and power to the limbs.

As a contrary to this however, its smooth, silky movement is also capable of generating the type of low level, non impact resistance necessary for gentle rehabilitation of damaged or inflamed wrists allowing it to be supplied with numerous endorsements from both the Medical & Chiropractic professions as a result.

## ***Computer balanced perfection!***

In a world of cheap imitation products, NSD Powerball sits at the very top of the marketplace with its superlative **250Hz movement** - a creamy, silky, yet hard hitting spin that no other gyro can match!

At the heart of your new NSD Powerball however there beats a rotor that has been so precisely balanced using advanced computerised technology that it can reach speeds in excess of **15,000rpm** without even the slightest vibration - at which point it is generating a staggering 40lbs of inertial resistance and hitting your arm and wrist a workout of *monumental* proportions!



So whether you decide to purchase NSD Powerball because you are a sports enthusiast who wants to make some serious improvements to your chosen game, a fitness enthusiast who wants to build or tone your arms, are suffering from a wrist disorder or simply want to enjoy one of the most addictive and entertaining new products to ever appear on the web, we encourage you to come on board and experience the extraordinary phenomena that is NSD Powerball for yourself - we promise a most unforgettable encounter!

### **Powerball Exercises**

For your convenience, we have commissioned a range of videos to help clearly highlight the various muscle groups exercised each time you use your Powerball.

The faster the rotor speed during each of these exercises, the greater the *resistance* (gyroscopic inertia) that is generated within the sphere and the harder your muscles will have to work - thus the more intense the workout!

If you are new to Powerball and regardless of your current state of fitness, we recommend that you start slowly and avoid *over clocking* those revs at the very beginning! While it is a highly addictive product to use, Powerball is also a superlative fitness/strength building instrument and you should immerse yourself in the experience gradually or it can *bite!*

Please click on one of the images below to load the corresponding video in Flash format.



**Forearm - anti-clockwise**

Extend your arm as shown, and rotate your wrist in an anti clockwise direction to concentrate on the muscles in your forearm.



**Forearm - clockwise**

Using the same technique as above, if you rotate your wrist in a clockwise direction, you can concentrate on the muscles in your lower forearm.



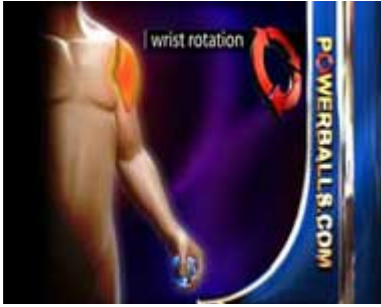
**Biceps**

To exercise your biceps, curl your arm and rotate the ball in an anti-clockwise direction. Angle your wrist in towards you slightly.



**Pectoral**

By keeping your arm almost straight, and holding the Powerball slightly in front of you you will concentrate on your pectoral muscles.



#### **Deltoid**

Keeping your arm straight and down by your side, rotate the Powerball in a clockwise direction. You should start to feel a burn in your deltoid muscles as the Powerball exercises them.



#### **Fingers and Grip Strength**

The Powerball will increase your grip and finger strength when used at moderate/high speeds as you have to maintain a tighter grip at increased speeds.



#### **Wrist Strengthening**

No matter how you hold the Powerball or at what speeds you operate it, it is always working on increasing the strength and dexterity of your wrists through the constant exercise.

**FOR MORE INFORMATION – VISIT**  
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