



Dura Med-Ball™

IMPORTANT INFORMATION
PLEASE READ AND KEEP

DISCLAIMER

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

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- NEVER add air to the Dura Med-Ball™. The Dura Med-Ball™ is produced with a specific volume of air. Exceeding this volume decreases the strength of the ball shell, leading to deformation of the ball and increasing the incidence of splitting or rupture of the shell.
- The Dura Med-Ball™ should NEVER be thrown against hard, smooth surfaces. Exposing the Dura Med-Ball™ to jagged or rough surfaces can damage the shell.
- Inspect the Dura Med-Ball™ before 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.
- The Dura 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 Dura Med-Ball™.

Dura Med-Ball™ Exercises

The Dura Med-Ball™ is intended for functional training exercises of varying difficulty. The soft core of the Dura Med-Ball™ allows for easy gripping during movements.

SQUAT AND REACH

Starting Phase: While holding a Dura Med-Ball™ with both hands, extend the arms directly out in front of the body with the elbows slightly flexed and the feet shoulder-width apart, or slightly wider. 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 your knees begin to go past your toes, reset your base and focus on bending first at the hips and then the knees.

Action Phase: Once in a squat position, explode through the lower body while lifting the Dura Med-Ball™ overhead reaching with one arm. With the power from the lower body, the feet will leave the ground for a brief second. When your feet return to the ground, get back in the starting position and repeat. Perform this action the appropriate number of repetitions.

CORE ROTATION

Starting Phase: With a partner, take a seated position, with backs together, on two stability discs or other flat surface. Knees are bent at a 45-degree angle and torso is upright with the shoulders down.

Action Phase: Grip the Dura Med-Ball™ with both hands in front of the body then shift the ball into one hand while rotating the torso and maintaining a slight bend in the elbow. At the same time, your partner will rotate the torso to the same side and exchange the Dura Med-Ball™. Perform this movement with the opposite side; continue this pattern the appropriate number of repetitions.

LUNGE

Starting Phase: Lunges can be performed in an anterior/posterior direction or laterally. The choice depends on the user's skill level and on which pattern is goal specific. Position one leg so that the foot is in front of the other and the knee is slightly bent. With the hips facing the front, position the back leg in a wide stance so that the front knee will not extend over the toes. Hold the Dura Med-Ball™ straight out in front of the body at chest height.



Action Phase: Squat down until the thigh on the lead leg is parallel to the ground. The back foot may begin to raise up on the toes to keep the proper form. Remember to keep the chest and upper body straight and upright and the abdominals tight. As the body is lowering into this position, begin to rotate the torso, keeping the arms straight. Rotate as far as possible or until the Dura Med-Ball™ is shoulder level on the other side.

DIAGONAL SOFT CHOP DRILL

Starting Phase: Hold the Dura Med-Ball™ with both hands while extending it to one side of your head.

Action Phase: Twisting through your mid-section, bring the ball down toward the opposing hip. Continue until you no longer can comfortably rotate the torso, or the ball has reached the hip. Reverse the movement to bring the ball back to the starting position. Complete the exercise the desired number of repetitions then switch sides.

REVERSE LIFT

Starting Phase: Perform this exercise with a stability ball. Grip two Dura Med-Balls™ while lying with your torso on the ball and your feet extended behind you. While performing this move, keep the elbows in a soft position.

Action Phase: Place your arms in a relaxed position to the sides of the stability ball. Slowly start to lift your arms behind you while squeezing the shoulder blades together. Perform this action the appropriate number of repetitions.

PUSH-UP WITH ONE ARM ROW

Starting Phase: Assume the push-up position with a Dura Med-Ball™ in one hand. Remember to keep the core tight; do not let the back arch by letting the hips drop.



Action Phase: Lower the body into a push-up, then hold for two seconds and press the body back to the starting position. After the arms are straight again, tightly grip the Dura Med-Ball™ and perform a row. Finish with the arms extended in the starting position. Perform this action the appropriate number of repetitions.

CHEST PASS

Starting Phase: With a partner, stand approximately 4-6 feet apart in an athletic position. Knees are bent and feet are positioned shoulder-width apart. Remember to keep the core tight and the knees bent to help maintain balance and soft on the feet for quick movement. Have a partner assume the same position.



Action Phase: Throw the Dura Med-Ball in a chest pass from one partner to the other, and try to catch the ball while maintaining balance. Having each partner already in the athletic position and soft on their feet will allow for quick movement for catching chest passes.

For more information about the Dura Med-Ball™ and other training products and programs, contact

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