



SoftTouch™ Med Ball

IMPORTANT INFORMATION
PLEASE READ AND KEEP

DISCLAIMER

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

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- NEVER add air to the SoftTouch™ Med Ball. SoftTouch™ Med Balls are 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 SoftTouch™ Med Ball should NEVER be thrown against hard, smooth surfaces. Exposing the SoftTouch™ Med Ball to jagged or rough surfaces can damage the shell.
- Inspect the SoftTouch™ 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 SoftTouch™ 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 SoftTouch™ Med Ball.

SoftTouch™ Med Ball Exercises

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

1. SQUAT AND REACH



Starting Phase: While holding a SoftTouch™ 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 SoftTouch™ 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.

2. 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 SoftTouch™ 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 SoftTouch™ Med Ball. Perform this movement with the opposite side; continue this pattern the appropriate number of repetitions.

4. DIAGONAL SOFT CHOP DRILL



Starting Phase: Hold the SoftTouch™ 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.

5. REVERSE LIFT



Starting Phase: Perform this exercise with a stability ball. Grip two SoftTouch™ 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.

6. PUSH-UP WITH ONE ARM ROW



Starting Phase: Assume the push-up position with a SoftTouch™ Med Ball in each 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 SoftTouch™ Med Ball and perform a row. Finish with the arms extended in the starting position. Perform this action the appropriate number of repetitions.

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

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