

# POWER ARM X

Increase Strength and Flexibility



Increase Range of Motion



Increase Balance and Coordination



Increase Agility



Rehabilitate Arm & Shoulder



Reduce Soreness



Reduce Stress on the Hand



# POWER ARM X

## Safety Precautions

- Consult your physician before starting any exercise program.
- Keep others away from the exercise area.
- Never let go of the ball while under tension.
- Always keep some tension on tubes to prevent flopping motion and possible release of the snap hooks.
- Begin your exercise with minimal resistance.
- Increase the resistance slowly to prevent injury.
- Do not stretch tubes more than 6 feet.
- Inspect tubes regularly for wear.
- Secure PowerArm when not in use.

Patent Pending #6313967  
770-855-9989  
PowerArmSports.com

# POWER ARM X

FOR OLDER ADULTS

**INCREASE STRENGTH AND FLEXIBILITY AT ANY AGE!**



**DESIGNED for SENIORS  
by a SENIOR**

\* **POWER ARM X** Full Set Includes:



- 1 Ball of Your Choice
- 1 Hinge Anchor
- 3 Resistance Tubes
  - 1 Green " 8 lbs Resistance "
  - 1 Red " 10 lbs Resistance "
  - 1 Blue " 12 lbs Resistance "
- 1 Backpack
- 1 Instruction Brochure

\* **POWER ARM X** Single Set Includes:



- 1 Ball of Your Choice
- 1 Tube of Your Choice
- 1 Hinge Anchor
- 1 Mesh Bag
- 1 Instruction Brochure

\* Ankle strap available.



**POWER ARM X GRIPS**

Baseball



Softball



**POWER ARM X Instructions**

**Anchor Attachment :**

- Open any interior door and loop the anchor around the door hinge as shown in the picture below.
- Clip one end of the Resistance Tube to both ends of the Anchor. (The Anchor is encased in rubber tubing and will not damage the door hinge).

**Softball / Baseball Attachment :**

- Clip the other end of the Resistance Tube to the ball as shown in the picture below.



1. Select 1 - 3 exercises to perform from the list of exercises herein.
2. Begin your exercise 1 - 2 steps from the end of the green tube.
3. Keep resistance on the tube in both directions.
4. Use slow, steady arm or leg motions. Do not rush movements.
5. Perform 1 - 3 repetitions of selected exercises.
6. Slowly increase repetitions to 3 sets of 10, three times weekly.
7. Once your increased strength enables you to perform 3 sets of 10, 3 times weekly, move up to the red tube and start over with Step #1 and later progress to the blue tube.

**POWER ARM X Softball, Baseball Arm & Leg Exercises**

These suggested exercises were recommended by Ms. Dawn Davis, Health & Wellness Coordinator for Fayette Senior Services (FSS) in Fayetteville, Georgia. Ms. Davis is an experienced Master Trainer and Senior Fitness Instructor.



**Rotator Cuff Workout**  
Rotate Shoulder Downward while supporting arm.



**Downward Pulling Motion**  
Keep arm straight while pulling straight back.



**Bicep Curl**  
Hold elbow to side and curl arm upward.



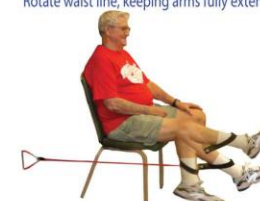
**Lateral Lift**  
Lift arm to side, Shoulder High.



**Lower Back Rotation**  
Rotate waist line, keeping arms fully extended.



**Side Oblique**  
Hold arms close to body and rotate the waist.



**Leg Extension**  
From a 90 degree angle, extend leg straight out.



**Multi-Hip Motion**  
Extend leg straight out to the side, front, back or across.