

POWERARM Grips

Baseball



Softball

POWERARM

BASEBALL

11" SOFTBALL

SETS ARE AVAILABLE FOR:

12" SOFTBALL

With Each POWERARM set you'll receive:

1 POWERARM BALL

1 ANCHOR

3 RESISTANCE TUBES

1 - GREEN 7-8 LBS RESISTANCE

1 - RED 9-10 LBS RESISTANCE

1 - BLUE 12 LBS RESISTANCE



POWERARM Baseball & Softball Exercises

These suggested exercises should strengthen the rotator cuff, wrist, elbow and other arm-related muscles.



POWERARM Anchors

INSIDE - Open any interior door and slide one end of the anchor through the crack of the door, over the top hinge, back under the bottom of the hinge and back through the door crack. Clip the resistance tube to the two ends of the anchor. (The anchor is constructed of coated wire rope encased in a piece of resistance tube to preclude damage to the door hinge.)

OUTSIDE - Simply clip the resistance tube clip to a chain link fence or loop the inside door anchor around a chain link fence metal post and clip on the resistance tube.

INSIDE



OUTSIDE





Safety Precautions

- Use PowerArm only under the supervision of an adult.
- 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.
- As arm strength increases, change to a more resistant tube or add a second tube.
- Inspect tubes regularly for wear and tear and replace as necessary.
- Secure PowerArm when not in use.

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770-855-9989

PowerArmSports.com



*Increased Arm &
Shoulder Strength*

= VELOCITY



