



HeavyBall™

games for life!™

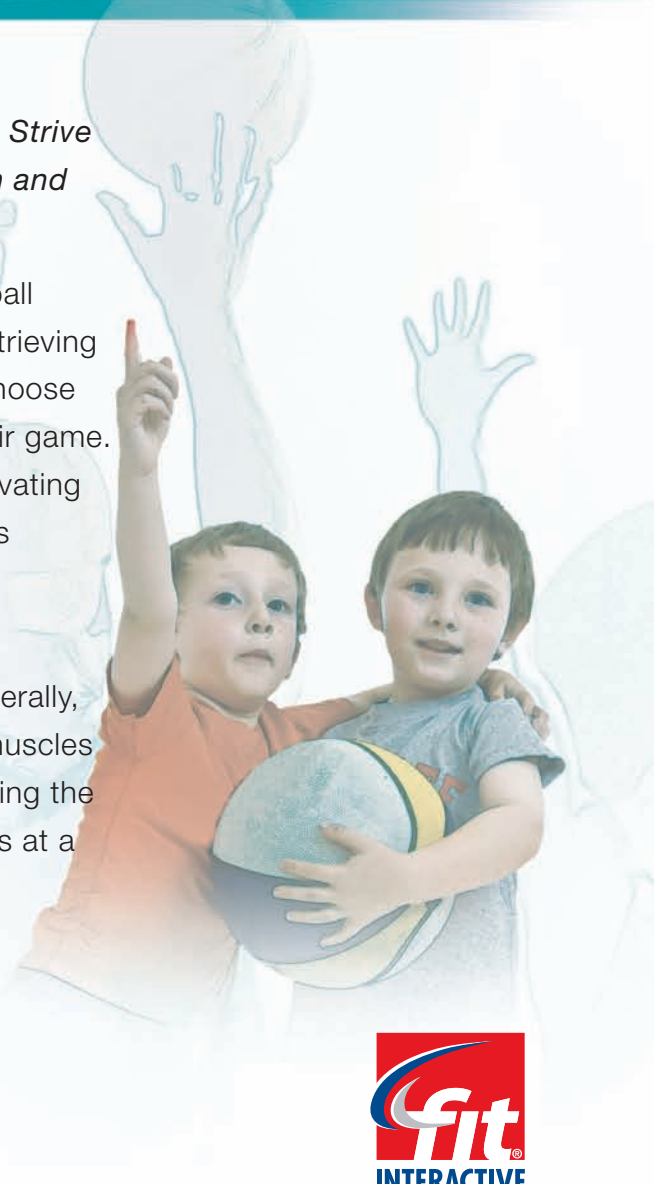


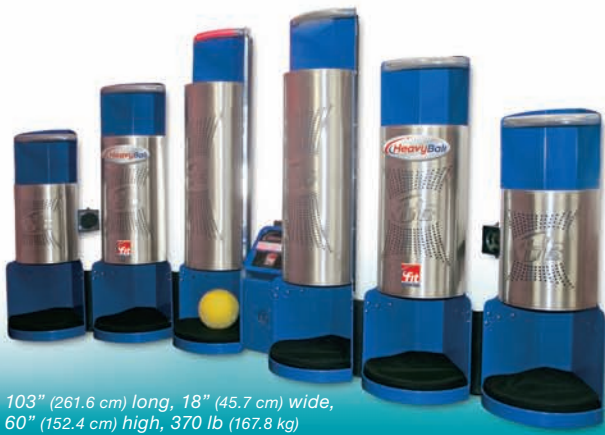
Add fun and excitement to any fitness program with the Strive HeavyBall. It's a fresh alternative for a full body strength and cardio workout that enhances speed and agility.

The object of the game is to utilize a weighted medicine ball while moving laterally between cylinders, dropping and retrieving the ball in response to light and sound queues. Players choose a ball of the appropriate weight and a time interval for their game. The game starts by dropping the ball down any tube, activating the first light and the player responds to the queue. Points accumulate for the duration of the game based on each player's reaction time.

A great way for trainers to work with clients on moving laterally, proper squatting and lifting technique, rotating the core muscles as well as reaction time. Provides an effective tool for raising the heart rate and burning calories. Playing with 1 or 2 players at a time provides competition for everyone.

Configure the HeavyBall in a line, a corner or a triangle, providing ease of placement as well as versatility for users and trainers.





103" (261.6 cm) long, 18" (45.7 cm) wide,
60" (152.4 cm) high, 370 lb (167.8 kg)



instructions/training
for adults & youth

basic instructions

- Activate power with toggle switch located on side of score box.
- Set to desired time for game by depressing the black button located on the scoreboard.
- Choose adult or child setting. *Adult setting uses all tubes, the child setting uses only the lower two heights.*
- The object is to locate the light sensor on the top of the tube and drop the medicine ball down the tube as quickly as possible. It drops hitting the padded sensor and activating another tube to randomly light.
- Points are scored based on reaction time. *Scoring system: time elapsed between initial lighting and striking the pad.*
1 second - 5 points, 2 seconds - 4 points, 3 seconds - 3 points, 4 seconds - 2 points, 5 seconds - 1 point
After 5 seconds elapse, no points are scored and another sensor randomly lights
- The goal is to achieve the highest score in the predetermined amount of time. Let the competitions begin!

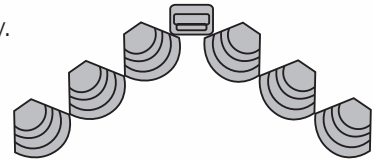
basic programming

User selects the weight of the medicine ball used (2-8lbs) and the duration of the exercise.
Play begins when the user drops the ball down the first tube and the sensor is hit.

Heavy Ball can be configured in a straight line, or a corner for maximum variety.



103" (261.6 cm) long, 18" (45.7 cm) wide



93" (236.2 cm) long, 36" (91.4 cm) wide

advanced programming

Line Drill: Draw or tape a line 8-12 feet back from the middle tube of the HeavyBall. Have the user begin at the line and drop the medicine ball down the first tube. Once the ball is retrieved the user will go back and touch the line before dropping the ball down the next tube. Time is variable depending on the type of training you are conducting.

Team Play: With 2 users each is responsible for 3 tubes. Select time and compete for high score. This is a great way to build team chemistry and develop proper squatting technique.

benefits

Hand-eye coordination, increases lateral movement, agility, balance, full body coordination, improved reaction response, elevated heart rate for fat burning and cardio effect. Makes a game out of working out.