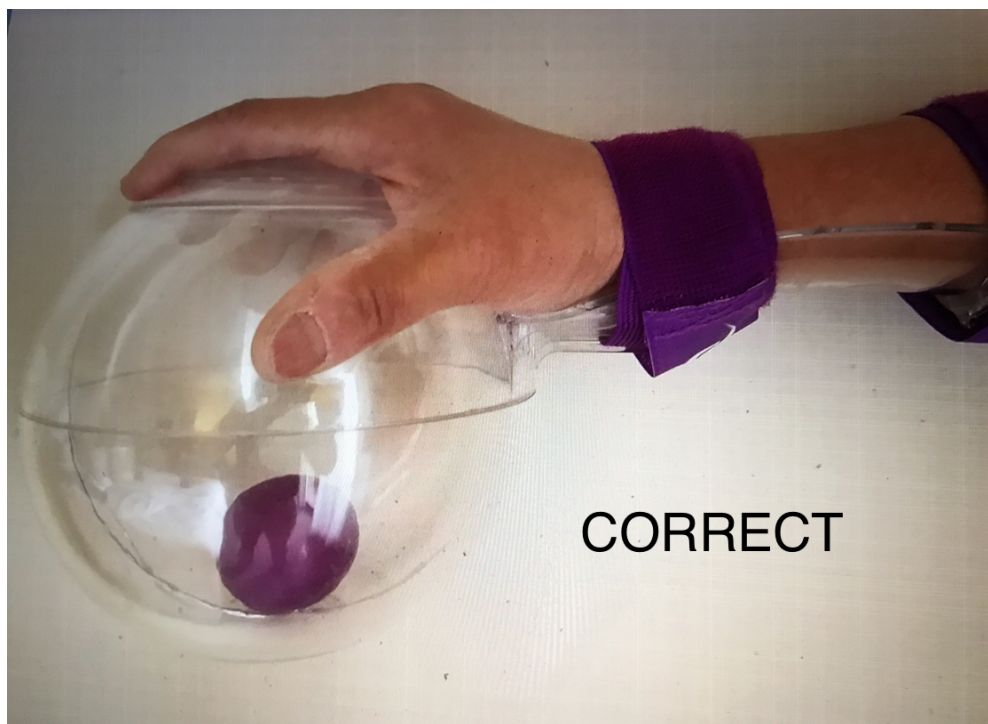


## CROSSFIT

### ShoulderSphere® Instructions for Use

Correct position: ensure your wrist is relaxed and has complete contact against the plastic splint while being securely strapped in by the elastic strap. Relatively tight engagement is necessary in order to optimize the rotator cuff workout. Make sure there is no wiggle room between your wrist and the splint. This also avoids undue stress against the plastic splint, which may cause breakage.

The easiest way of putting on the ShoulderSphere® is to place it on top of your hand -- PALM facing UP - and gently cradle it, making sure that the strap is wrapped securely, particularly the part at wrist level.



Incorrect position: note in the image below how the wrist is tense and flexed against the splint. There is a large gap between the splint and the wrist, which creates undue three-point contact stress against the plastic splint. This will break the plastic splint. There should be no wiggle room in-between the skin and the plastic splint. Incorrect posture prevents an optimal rotator cuff workout.



Movements in CrossFit require speed.

This translates into power.

Work load = force x distance

Snatch of raising 100 lb overhead travels a distance of 3 ft. Work = 300 ft-lb

Power is how fast one does the work. Power = work/ time

Snatch of 300 ft-lb in 1/2 second has a power of 600 ft-lb/ second

THE A7 ShoulderSphere when rotated at high speed with the tracking LED lit up in red for 3 seconds , this is equivalent of total 30 ft-pound/ second power for the rotator cuff muscles.

Rough guide for injury prevention to strengthen the rotator cuff muscles to meet the demand of power of CrossFit is approximately 10 to one ratio. — ie for every 100 lb of snatch, you should be able to do 10 simulation moves with the A7 ShoulderSphere while spinning the ball.

ShoulderSphere workout — by volume of 1RM

100 lb = 10 reps. Each well executed rep takes 3 seconds.

Aim for set of 10 reps to be done under 30 seconds — no bouncing of the ball. Do two sets of 10 to ensure industrial safety standards of two fold protection.

200 lb = 20 reps , 2 sets. One minute x 2

300 lb = 30 reps, 2 sets. 1 1/2 minute x 2

Initial attempts may take longer. But completion of volume is key.