

Instructions - How To Use Power Tracker

Power Tracker and Batteries

Here is some general information regarding battery insertion for the power tracker, in case of any questions. Or, you may watch the video under “Instructions” - “How To Insert The Battery” -

https://youtu.be/rvSIGhsc_40

The four AAAA batteries are inserted in the blue electronic tracker. Open the trap door in the back of the tracker by gently and firmly pressing forward the double latches situated on the right side of the tracker. The electronic tracker gives you real-time display of the power of your rotator cuff muscles during workout. Green light equals low power for endurance workout, Red light equals high power workout for high intensity interval training style exercises (HIIT).

The power tracker is activated by active spinning of the ball inside the ShoulderSphere. DIRECTION of spin does not matter. Since this is “circular” training, as long as the ball spins, ALL rotator cuff muscles are engaged. The principle with ShoulderSphere workout is to maintain a continuous smooth spin of the ball inside the ShoulderSphere throughout the entire training session. Avoid allowing the ball to bounce, which signifies one or more of the rotator cuff muscles has been shut down, thus the chain of the circle is broken.

THE POWER TRACKING LIGHT—

Fast spinning makes the power light turn red, lower power velocity spin makes it green. A test, and means of tracking your progress with strength improvement, is your ability to maintain the tracker lit in red for 30-60 seconds continuously. This is high intensity interval training. Fun gauge regarding your progress, which you will love. GREEN light can be thought of as endurance training; RED light as power training.