



The Power Behind Performance®

POWER GRIP BAG™

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Power Grip Bag™.

- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- Read all instructions carefully before using.
- Inspect the Power Grip Bag™ before each use. Look for tears or any other damage. **DO NOT USE IF DAMAGED—REPLACE IMMEDIATELY.**
- Always use the Power Grip Bag™ on a level surface free from obstructions.
- The Power Grip Bag™ is not a toy. Children should only use with adult supervision.
- **DO NOT** throw the Power Grip Bag™.
- The Power Grip Bag™ is intended for use only as described in this document. Other uses are not recommended.
- Power Systems Inc. assumes no liability for accidents or damage that may occur with the use or misuse of the Power Grip Bag™.

For more information about the Power Grip Bag™
or other training products and programs, contact

Power Systems Inc.
www.power-systems.com
1-800-321-6975

Copyright © 2007 by Power Systems Inc

Rev. B 10/07

POWER GRIP BAG™

The Power Grip Bag™ is intended for dynamic training exercises of varying difficulty. The unique design of these bags develops the grip strength of the user's hands while simultaneously targeting the muscles of the core, torso, and lower body. These exercises target users of multiple skill levels and can be performed in numerous training environments. The bags are available in 10 lb., 20 lb., 30 lb., 40 lb. and 50 lb. sizes. It is recommended that users start with a 10 lb. – 20 lb. bag and progress to heavier bags only when deemed proficient by a certified trainer or coach. **IF YOU HAVE A HISTORY OF DIMINISHED FUNCTION CONSULT A PHYSICIAN BEFORE TRAINING WITH POWER GRIP BAGS™.**

WARM-UP

Warm up your muscles with at least 10 minutes of movement, such as walking or riding a stationary bike. Follow the warm-up by stretching all your major muscle groups for 20-30 seconds each. Follow the same stretching routine for a cool-down after each workout.

EXERCISES

FRONT RAISE

Starting Phase: Grasp the top of the Power Grip Bag™ with the hands. The feet should be shoulder-width apart with a slight bend in the knees and the torso erect. Keeping the arms extended, position the Power Grip Bag™ directly in front of the abdomen.

Action Phase: Slowly raise the Power Grip Bag™ toward shoulder level. Avoid raising the Power Grip Bag™ above the shoulders to reduce the stress on the shoulders. Pause briefly and then return the arms to the starting position.



BICEP CURL



Starting Phase: Grasp the top of the Power Grip Bag™ while standing with the feet shoulder-width apart and a slight bend in the knees. Maintain an upright torso and look straight ahead. Keep the upper arm stationary beside the body.

Action Phase: Curl the arm bringing the Power Grip Bag™ up toward the chest/shoulder. When the bicep is fully contracted, pause briefly and then extend the arm back to the starting position.

LATERAL RAISE

Starting Phase: With one hand, grasp the top of the Power Grip Bag™ with the palm facing toward the midline of the body.

Action Phase: Standing erect, slowly raise the arm directly away from you. Keep the palm facing downward. The elbow should always be level with or above the Power Grip Bag™ to reduce the risk of injuring the shoulder girdle. When the arm is parallel with the ground, pause briefly and then slowly return the arm to its starting position.



Power Systems Inc.
www.power-systems.com
1-800-321-6975

UPRIGHT ROW

Starting Phase: Grasp the top corners of the Power Grip Bag™ with your hands and hold the bag in front of the thighs. Feet should be shoulder-width apart, knees bent. The waist should be bent just enough to keep the torso in an erect position.

Action Phase: Raise the Power Grip Bag™ directly up toward the shoulders, bending the arm at the elbow. Keep the bag close to the body throughout the lift, while keeping the elbows out to the sides of the body. At the top of the lift, the bag should be just below the shoulders, 1" to 3" away from the chest. Pause briefly and then return slowly to the starting position.



LUNGE WITH OVERHEAD PRESS



Starting Phase: Grasp the sides of the Power Grip Bag™ and position it front of the body at chest height with the elbows bent. Feet should be shoulder-width apart, knees bent.

Action Phase: Perform a traditional walking lunge, stepping out with either the right or left leg. Plant the lead leg and sink the hips directly downward until the knee of the lead leg is bent at a 90-degree angle. Press the bag upward, moving the bag in front of your face and over your head as you lunge forward. Continue to extend the arms until they are almost completely extended; **DO NOT LOCK THE ELBOWS**. Keep the torso erect throughout the drill by keeping the core muscles tight; that will prevent leaning backward, which can lead to lower back pain. Pause briefly and then slowly lower the bag back to the starting position.

SQUATS

Starting Phase: Grasp the sides of the Power Grip Bag™ and position it in front of the body at chest height with the elbows slightly bent.

Action Phase: Keeping the bag positioned out in front of the body, perform a squat. Bend at the knees and hips until the thighs are parallel with the floor. Sit back on the heels to keep the knees positioned over the feet to reduce the incidence of lower back and knee discomfort. Pause briefly and then extend the legs to return to the starting position.



WALKING LUNGES WITH TWIST



Starting Phase: Grasp the sides of the Power Grip Bag™ and hold it in front of the body at waist height. Feet should be shoulder-width apart, knees slightly bent.

Action Phase: Perform a traditional walking lunge stepping out with either the right or left leg. Plant the lead leg and sink the hips directly downward until the knee of the lead leg is bent at a 90-degree angle. Simultaneously while you are lunging, rotate at the waist in the same direction as the lead leg. As you move forward to a standing position, rotate the torso back to the starting position. Continue to walk and lunge, repeating the exercise with both legs.

Power Systems Inc.
www.power-systems.com
1-800-321-6975

Those are just several of the exercises that can be performed using the Power Grip Bag™. **Consult with a certified trainer or coach to design exercises using the Power Grip Bag™ that are specific to your training goals.**

TRAINING TIPS

- Incorporate the Power Grip Bag™ into your resistance training 2 to 3 times per week. Allow 48 to 72 hours of recovery between sessions.
- Perform 3 to 4 exercises during each session, with approximately 8 to 15 repetitions per set.
- Beginners should start with 1 to 2 sets of each exercise, while more advanced/proficient users should incorporate 3 to 5 sets per workout.

Power Systems Inc.
www.power-systems.com
1-800-321-6975