



## Power Rope Balls

Elysia Tsai, M.Ed., ATC introduces our line of dynamic, super responsive, incredibly durable Power Rope Balls. With unique sizes, weights and custom rope lengths you can create the ultimate sports performance training sequences. With advanced features of cast solid urethane, protected rope ends and split rope training we have the perfect exercise equipment for you.

(0:01) Elysia here from Si Boards, and I'm going to introduce to you our Power Rope Ball line. These are so fun, they're dynamic, they have the most incredible rebound. When you are slamming against the wall or against the ground for your rotational core control, for swinging sport athletes, it is such a great training tool. They are so fun.

### Key Differences (0:23)

Let's talk about some key differences. The ones that are traditionally on the market have an exposed rope at the end, and it's either a knot or it has the end and then you have the knot on the other side. What happens when you're swinging this around and you're contacting the ground, or you're just setting it down between reps, the rope will come in contact with the ground at the critical point and it can damage. They're also air-filled and made from rubber so they compress when you're slamming against the wall. What can happen is, you don't get a consistent rebound and you end up getting rope slack and the rope slack can become dangerous because the ball can come back at you because you don't have a consistent rebound.

The main differences that I came up with are:

- 1) A top urethane plug, and this protects the rope. The rope is hidden inside of this plug, so the rope will never touch the ground, when you're doing swings and you accidentally hit the ground or you're just setting it down between reps, it will stand up very well. We use urethane because it is extremely durable, it resists friction, it resists heat and UV light and it has no odor.
- 2) We also have a split rope option so you can do a variety of hand holds and training moves.
- 3) We also manufacture our balls and our Power Rope Balls to have a 70% return on a still drop. When you bounce against the wall, it comes back at you 70% or when you slam it very hard it has the most incredible rebound. It is unlike any ball or power rope ball you'll be able to find on the market.
- 4) We've also given you the ability to customize your rope size based on your height and the skills that you're performing.
  - a. Our short rope is signified by a black cap, and it's perfect for somebody my height which is about 5'4", 1.6 meters tall. It gives you about 41" in length.

- b. Our medium rope is signified by a red cap. It's going to be perfect for somebody between 5'4" and 6' tall, 6' is 1.8 meters.
  - c. And lastly, our long rope, which is signified by a blue cap, is perfect for very tall users, anybody above the 6' range or 1.8 meters tall.
- 5) We use a dynamic sailing rope which has a little bit of give, it's soft on the hands, and when you feel the rebound of the Power Rope Ball, it's not very abrupt on your hands like a stiff rope. It's threaded through the urethane cap, and then we finish off the ends with an adhesive heat shrink seal so that the ends will not fray and that you don't have any sharp edges. The rope is 7/16" in diameter, so you can replace this rope if you wanted to. This allows you to customize the rope for your size and have a more effective training.

### Rope Ball Sizes (3:30)

1) The first of our rope balls is our 5" diameter. It's also 12.7 cm in diameter, the weight is 2.5 lbs, which is also 1.3 kgs. It's a perfect size and weight for a shoulder warm up, shoulder range of motion, and getting really big swinging motions. I use these at the park, I have one in each hand and I do double exercises. I'm using both shoulders and arms at the same time. Because it has a small size, you can cross them across your body or do combination moves without having such a large ball moving in front of you. So these are great for double shoulder work and shoulder range of motion.

2) Our second Power Rope Ball is the 6.5" diameter which is 16.5 cm in diameter. The weight is 5.5 lbs which is 2.5 kgs. It is a perfect speed and strength combo Power Rope Ball. When I'm at the park, I do a lot of combination swinging overhead, grand slam type moves or switch hitter type moves. This is a great move for not overtiring your shoulders, but also getting that speed and strength performance.

3) And our last Power Rope Ball is the 8.5" diameter which is 21.6 cm in diameter, the weight is 12.5 lbs which is 5.7 kgs. This large Power Rope Ball packs such a big punch when you are slamming it against the wall or the ground. It has tremendous rebound which requires you to have a tremendous amount of body control. For you super strong athletes, this is the ball that you want to get. When I'm at the park and I'm slamming the 8.5" Power Rope Ball, I have to slow down my reps but make sure that each one is powerful. So for you big and strong athletes, you are going to absolutely love this Power Rope Ball.

### Maintenance (5:42)

We'd like you to start with a safe slam every time; remember this is a piece of exercise equipment. To properly maintain you're going to first check the rope for any signs of damage such as if it's frayed, it's being cut or torn. Here at the critical point, at the top, you want to make sure that debris is not getting into this cap and slowly wearing away at the rope. Another sign of wear is what's called glazing, where it looks like it's melting, and that can be a sign of excessive friction. If you see any of those signs, it's time to replace your Power Rope Ball rope. Secondly, you want to check the integrity of the cap. Make sure that there aren't any slits or cracks and that the pieces underneath are intact. And lastly, check the structure of the ball. It should not be splitting or tearing or have any chunks coming out of it.

### Changing Your Rope (6:36)

If your Power Rope Ball is well-used and it's time for a new rope, this is how you're going to change it and maintain the life of your Power Rope Ball.

- 1) First untie the knot. This knot will be very tight so you may have to twist it a little bit.
- 2) Secondly you're going to pull this top cap. You're going to take off the bottom rope cap; it's going to be very tight because there are ridges inside holding this. So get a good grip and pull very hard.
- 3) You're going to thread your new rope in. The top cap goes on the smooth side. The bottom cap can be a little bit tricky because the hole is tight. What you're going to do first is put one end of the rope through. Then you're going to put the other rope in there, squeeze it in there, and then pull all the way through, and both ropes will come through. Slide it down to the end, make sure that it's not kinked, and there we go.
- 4) You'll need to slam it on the ground a few times to tighten up the rope; and then we can tie the knot.

#### Picking the Rope (8:10)

To get the proper rope length, you're going to want to measure from your heel to the crease of your elbow. Take a tape measure, tuck that in at the heel, measure up to the elbow.

- 1) Mine's 41" so I would use a small rope. This is a Power Rope Ball with a small rope. It's going to come up past my elbow. This will allow me to wrap and not have the ball dragging on the ground, I can wrap several times to shorten the lever. I can also tie a knot here, and if I'm using for full swinging motions I've got plenty of ground clearance.
- 2) Our medium rope is designed to give you 51" from the ground to the top, so as you can see it's going to come up to the top of my shoulder. For a tall individual who's around 6' tall or 1.8 meters this is the perfect rope length.
- 3) If you're doing advanced moves and you want to do swinging motions behind your back, a longer rope might be better for you. Our long rope, which is signified by the blue cap, will give you 60" from the ground to the top of the rope. For tall individuals, over 6' tall or 1.8 meters, the long rope is going to suit you the best. It will give you plenty of ground clearance and give you a variety of handholds without the ball being too close to you.

(9:51) Our power rope balls are completely made in the United States and we take great pride in quality control every step of the way. They're made with durable materials that are designed to outperform any Power Rope Ball on the market. We invite you to jump into the next generation of sports performance training. Start slamming out power rope balls and let me tell you, you will not be disappointed. I'm Elysia from Si Boards and I will see you at the concrete wall.

Elysia Tsai, M.Ed, ATC is a Certified Athletic Trainer and the developer of Si Boards balance boards, unbreakable med balls and power rope balls. Our balance boards are the most versatile and progressive multi-direction training system. Our high performance products are made in the USA with superior function, quality and lasting value. We are always available to answer your questions.

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