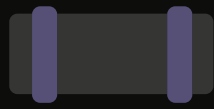


Welcome to Powerbag®

On the market since 2003, Powerbags® are a totally functional 'use anywhere' soft to touch weight system, they are filled with sand that flows within the bag and two nylon easy grip webbing handles provide grips for lifting. Contents are held securely within two inner bags. Powerbags® are made of a unique blend of tough nylon lined material.

The design of Powerbags® makes them very comfortable to train with, the soft construction spreads the load when they are on the shoulders allowing more dynamic and aggressive movements than with traditional weights. Powerbags® can be dropped safely and used on almost any surface inside or outdoors. With Powerbags®, wherever you wish to train becomes your gym. Many sports teams use Powerbags® on the pitch, track, court, beach or poolside, to train alongside their technical sessions. They are both safe and versatile. If you wish to travel abroad with them sand can be emptied and they can be refilled on location.

Although initially developed for use in elite sport where they became highly favoured for their effectiveness and versatility and used by the England Rugby World cup winning squad, they were formally adopted by our armed forces and trialed at DMRC (Defence services medical rehabilitation centre) Headley Court in early 2006. Powerbags® went onto be used in Iraq and on Op Herrick, Afganistan not only with deployed medical rehabilitation teams (DMRT) but also utilised by the Royal Marines and Parachute Regiments as part of their physical training resources in theatre. There are currently over 4000 Powerbags® being used by the Royal Navy, Royal Marines, Army and RAF globally.



POWERBAG®

Limited only by your imagination

Why are Powerbags® built soft and with a flow-able filling?

The flowable weight within Powerbags® means that the training effect is enhanced, your body has to adapt to the movement within the bags along with the weight of the bag. You can therefore use less weight than with standard free weights.

What weights do I need?

As a guide to weights we recommend the following: Adult males in powersports, 15-35kg; Adult females in Powersports, 10-20kg; General training for males, 10-20kg; General training for females, 5-10kg; Youth training up 13-16 years old, 5-15kg for males and 3-10kg for females. Obviously we can only give guidelines for the correct weight.

How safe are Powerbags®?

As with any piece of training equipment, you should ensure that you are using Powerbags® properly, that you do not lift overly heavy weights, that you perform all lifts with good form, and you do not lift when you have injuries. Powerbags® however are one of the safest pieces of free weights equipment available. Powerbags® are soft, so injuries from dropping or hitting some-one else are minimised. The soft construction also makes it unlikely you will damage flooring or other equipment using them. We recommend that you use lower weights than for free weights and that you work across wide range of exercises, this reduces the likelihood of overuse injuries.

What types of exercises can I do with Powerbags®?

Powerbags® are designed to allow completion of many exercises. There are all the basic lifts, Olympic lifting movements, lunges, squats as well as movement drills, then there are exercises in varying planes, such as spiral movements or rotational movements. You can throw and catch Powerbag®, also any movement drills can be done loaded with Powerbags®. Powerbags® are great for core work with Swiss balls, as if you fall from the swiss ball, there is minimum risk. Powerbags® also lend themselves to group exercise sessions working individually or working in teams. When we have completed training days with Powerbags®, trainers often estimate that they have developed over 200 exercises.

Application Example

When performing a traditional heavy Barbell bench press, movement is logically straight up and down so you are training in one dimension, towards the end of the range of movement you will need to slow down the bar teaching you muscles to decelerate right at the point where you want them to be at maximum speed. Often whilst you will become better at these gym based exercises, the cross-over onto the sports field or job role is limited. By performing a wide variety of Powerbag® based exercises such as Powerbag® press and throwing or releasing the bag at the end of the range of movement you both work your muscles to full potential and train the necessary movement patterns within various activities. A rugby player who wants to effectively tackle an opponent will ideally be at maximum force at the point of impact. Powerbag® training gets away from training individual muscles and concentrates on quality movement over which you can then lay power.

"The best athletes aren't always the most powerful ones, they are the ones who are able to direct their power"...



Clean Squat to Burpee



Kneeling One Arm Lift



Press Up



Overhead Squat



Lunge Circuit



Diagonal High Pull



Lying Swiss Ball Pull Through to Throw



Bench Press



Overhead Lunges



Kneeling Front Press



Cable Lift
to Overhead
Squat



Lateral Throw



Sumo Squat Bear Hug



Resisted Jumps



Diagonal High Pull



Crunch



Clean Lift



Snatch



Step-Up
to Press



V-Sit



...Can I get training to use Powerbags® properly?

We run a one day course on the effective use of Powerbags®, this course is aimed at groups of fitness professionals and will unlock the full potential of Powerbag® training for personal use or with your clients. At the end of the Powerbag® training course you will have developed 100's of functional exercises, you will fully understand the approach behind Powerbag® based training, you will be able to coach Powerbag® based training to your client base and integrate the approach with your current training. You will also understand how to make Powerbag® based training part of a quality training approach. For further information on the Powerbag® training course, please see our website page or contact us directly.

Are Powerbags® good for Schools?

Powerbags® provide a great exercise package for schools. A 2004 study at LJM University into resistance exercise for young people made the following recommendations: "All young people should be encouraged to participate in safe and effective resistance exercise at least twice a week. And that resistance exercise should be part of a balanced exercise and physical education programme." Powerbags® provide a means of providing that important service within schools. We have many schools using Powerbags® within the curriculum and also as a key part of preparation for sports. We have developed a Schools manual as part of the schools package that shows how Powerbags® can be used as part of the schools curriculum.

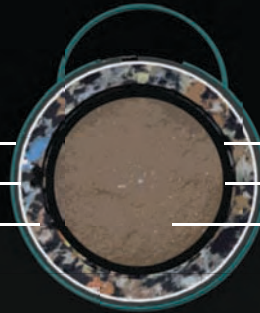
Support Materials

We have a general manual which provides very good guidance on the use of Powerbags®. We are currently developing a poster range to give an overview of Powerbag® exercises and applications along with sets of laminates which can be used for circuit classes or as reminders of appropriate technique for some of the most popular exercises.

Features & Spec

Construction

Outer Casing / Pu + Pvc, Rib Nylon
Inside Lining / Neoblend material
Foam Liner



Barrel Bag / Rubberized Nylon
Waterproof Bag / Poly Ethline material
Sand

Sizes



Branding

We now offer colour and branding options with Powerbag®. Subject to minimum quantities we are able to supply different material colours and can print logo's/crests onto material. Example images show Royal Navy, Royal Marines and RAF branded Powerbags®.



We can ship Powerbags® anywhere filled, or unfilled with filling instructions enclosed. Shipping Powerbags® unfilled can make shipping far cheaper.

POWERBAG
Limited only by your imagination



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