



Introduction



A stylish and functional cross between a kettle bells, medicine ball, and free-weight dumb bells; the Powersak allows for a flexible, sturdy addition of incremental weight when undergoing a wide range of cardiovascular, aerobic, building exercises.

The soft, malleable design and reinforced construction provides for a comfortable contour to specific areas of the body in order to ensure maximum ease of motion and stability; all the while maintaining a safe workout environment should a Powersak be dropped on the floor, or even one's own foot.

Eliminates the clumsiness, odor, and unforgiving density of steel weights, reducing both stress on joints and the development of calluses on the inside of palms, from persistent and intense work out regimens.

- Helps to establish better balance as well as control. The flexibility of the Powersak also forms to the body for added comfort.



Reinforced handles allow for an easy, secure grip as well as maximizing the range of mobility especially when incorporating a wide range of exercises into your routine. Switch from a heavier Powersak for weight training to a lighter variation for aerobic workouts. The handles can also be used to secure the Powersak to an athlete's foot so that they may incorporate isolated leg and thigh exercises with absolute ease.

Stackable and storable in even the smallest apartment spaces, an entire home gym can literally be tucked

away under your bed. When in the expansive environment of an authorized Powersak ready gym facility; Powersak can be incorporated into team workouts, serving as a much safer alternative to medicine balls and heavy steel plates. Even in the case of a missed catch, or dropped weight.

The Powersak is can also be easily combined, or added in as a replacement for existing programs such as P90x, or other intensely structured workout regimens which use free-weights as a part of their routines.



Has a second layer of reinforced stitching for added safety, and durability.

Performance

Powersak Trials

Ten participants were chosen to attend two - thirty minute classes per week, for a total of four weeks. This added up to eight Powersak classes. The classes were thirty minutes long, and each of the participants were required to be using the Powersak for the entire duration of the class, through various routines. Measurements and BMI were taken prior to any work with the Powersak to ensure a true understanding of the Powersak's capabilities. It proved to be an exceptional free-weight and resistance tool in both everyday workouts as well as the more advanced moves.



Name	Weight	Waist	Hips	Thighs	Wrist	Forearms	Body Fat
Participant #1	164.90	38	42.50	25	6.50	10	27.50
Participant #2	226.30	40	53	28	7.50	10.50	28.37
Participant #3	158.60	37	41.50	24	6.50	10	27.27
Participant #4	132	30	37	22	6	8	26.46
Participant #5	136.20	36	38	22.50	6	9	27.03
Participant #6	162.10	38.50	43	22.50	6.75	10 27	27.59
Participant #7	138.70	31.50	38.50	22	6	10	26.29
Participant #8	134.90	31	38.50	23	6	9.50	26.38
Participant #9	150.10	36.50	41	23.25	6	9.50	27.41
Participant #10	121	28.50	35.50	20	6	8.50	25.75

Final Result

After a month of work using the Powersak, the combined total of inches lost from all the participants, added up to an impressive 116.25 inches from waist, thighs, hips, forearms and wrists. On top of that 57.5

lbs. were lost in total. These test results show that the Powersak is a more than worthy adversary, for any dumbbell, or similar sand bag product on the market.

Name	Weight	Waist	Hips	Thighs	Wrist	Forearms	Inches Lost	Body Fat
Participant #1	160	32	38.50	23	6	9.50	15	26.54
Participant #2	220	35.50	50.50	28	6.50	9.50	14	28.15
Participant #3	154	32	38.50	21.50	6.50	9.25	13.75	26.50
Participant #4	126	26.50	35.50	19	5.50	8	12.50	25.84
Participant #5	126.50	31	35.50	20	5.75	9	13.75	26
Participant #6	160	37	42	20.50	6.25	9.50	7.50	27.53
Participant #7	131	29.50	36	20	6	9	9.50	25.82
Participant #8	133.70	28.50	37	20	6	9.25	10	25
Participant #9	142	33	38	20	6	8.34	13.75	26.76
Participant #10	113	25	34	19	5.75	7.50	7.25	25.31



- Easily folded in two creating a more dynamic shape, similar to that of a dumbbell.

There is no doubt that equipment similar to the Powersak exists, but with reinforced handles, sturdy double-stitching and padded design, as well as a Velcro secured closure for the opening. This product is the improved and superior choice for sandbag weights.