

**POWERplus**<sup>®</sup>

**HAND POWERED**

# **GYROSCOPE WRIST TRAINER**

**LED LIGHT GENERATOR | NO BATTERIES**



**STARFISH**

# POWERplus® Starfish

Gyroscope Wrist Trainer  
LED Light Generator | Hand Powered



The POWERplus Starfish combines renewable energy power generation with wrist/hand training.

Move your wrist around in 360 degrees turns and then gyroscope will speed up and creates a force. Move quicker to create more force.

The internal generator will illuminate a 3 color (green/red/blue) LED light and the faster the gyroscope is running, the brighter the LEDs will illuminate.



Twist your wrist to speed up



High quality construction and materials



Generates colour lights | no batteries



### RPM | measured force

6000 RPM	7.8 kg,
7000 RPM	10.7 kg,
8000 RPM	14.0 kg,
9000 RPM	17.7 kg,
10000 RPM	21.8 kg,
11000 RPM	26.4 kg,
12000	31.5 kg,
13000	36.9 kg.