KOREBALL

FREQUENTLY ASKED QUESTIONS (FAQ)

–The KOREBALL is a collapsible and portable workout system offering a simple and effective core based, full-body fat-burning workout–

Q: What is the difference between the KOREBALL and a kettlebell?

A: KOREBALL™ is a collapsible, portable kettlebell workout system. The innovative state-of-the-art design of the KOREBALL is a hybrid of traditional kettlebell and medicine ball training equipment. Whereas a traditional kettlebell is made from metal and only has one handle, KOREBALL has dual comfort handles and is made out of Santoprene rubber making it more comfortable, safer and easier to use than kettlebells or traditional medicine balls which have limited range of motion and are often difficult for users to hold on to for longer than a few minutes at a time.

Q: How is the KOREBALL Workout System inflated and deflated?

A: KOREBALL comes collapsed in a convenient and compact carrying bag. The water or sand filled, leak proof, bladders are weight adjustable when filled.

To fill the KOREBALL:

KOREBALL is easy to fill with either water or sand. There are two bladders. A video showing this process can be found by clicking here.

1. Remove the KOREBALL from its compact carrying bag.
2. Begin by removing the eight (8) KOREBALL screws; start with one bladder and remove four screws.
3. Pull the filler cap off.
4. Fill it up with either water (11 lbs.) or sand (20 lbs.);
5. Be sure to get all the air out.
6. Once filled, put the filler cap back on.
7. Use a towel to cinch the cap on tight.
8. Replace the screws.
9. Now flip the KOREBALL over and repeat the above steps to fill up the second bladder.
10. Place the bladders back on the handle.
11. Your KOREBALL is all set to use.

To deflate the KOREBALL:

KOREBALL flattens out and packs into a backpack or suitcase for travel. There are two bladders. A video showing this process can be found by clicking here.

1. Begin by removing eight (8) screws and filler caps.
2. Start with one bladder and remove four screws.
3. Pull the filler cap off.

4. Pour out the water or sand.
5. Push the bladder down and put the cap back on.
6. Put the four (4) screws back in (so they are not lost).
7. Now flip the KOREBALL and remove the second bladder; repeat the above steps.
8. Your KOREBALL should be collapsed.
9. Place the bladders back on the handle.
10. Flatten KOREBALL and put it away in its compact carrying bag.
11. The KOREBALL I ready for easy travel or to stow away in a backpack or a suitcase.

Q: How much does the KOREBALL weigh when filled?

A: The KOREBALL weighs 11 pounds when both bladders are filled with water; 20 pounds when filled with sand; and when one bladder is filled with water, it weighs 5.5 lb., or 10 lbs. with sand. It is only 3 pounds when empty.

Q: What are some of the benefits of using KOREBALL?

A: An on-the-go fitness solution for all fitness levels, KOREBALL enables users to get a core based full body workout in 30 minutes. Functional fitness is the leading way to build lean muscle while engaging core muscles and providing tone. An on-the-go fitness solution for all fitness levels, KOREBALL's unique design offers users the following benefits:
- A fat burning cardiovascular workout, KOREBALL helps build lean muscle while engaging core muscles and providing tone.
- Helps increase the body's core stability, flexibility and balance
- Improves body coordination and mental focus.
- The comfortable dual handles offer a variety in routines.
- Visit http://koreball.com/video/ for many KOREBALL exercise routines.
- KOREBALL is collapsible and compact for travel; easy to store away.

Q   WHAT is the price for KOREBALL?

A: The KOREBALL is priced at $59.99 online plus shipping which is based on a 3 lb. product and zip code. It comes with two bladders, one handle, eight screws, two caps and a bag for portability.

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