Medicine ball O'Live, 8 Kg

Rubber ball, rough surface, for functional work.

Product description:

Medicine ball training is common for athletes to improve their athletic performance. They have been increasing in popularity among professionals thanks to their benefits when incorporated into a fitness program that works on strength, power or rehabilitation. Made of rubber, they weigh no more than 10 kg and are small in size. They incorporate a new rough surface of innovative design to allow an optimal agarre.Nota: They are not suitable for throwing and / or exercises with impact of the ball on the ground, this fatigues the casing and can cause breakage.

Reference: BA09008DE.00
EAN13: -
UPC: -