

Gymnastics ball SPOKEY-FITBALL III - 75 cm Green



Available sizes

Reference number

Ean number

Quantity

Suggested retail price: 14.99 € s DPH

Description

Spokey brand ball. Fitball III was made of non-slip material. The effect is further enhanced by anti-slip strips around the entire perimeter of the ball. This makes exercise safer. High-quality elastic material guarantees a long service life of the ball.

The gymnastic ball is suitable for exercise anywhere and is recommended for everyone. It is suitable for exercise at home and for rehabilitation. Exercising on the ball has a positive effect on physical condition and helps reduce body fat.

The Fit ball 75 cm also has its uses in the office: sitting on the gymnastic ball while working with the computer helps to achieve the correct body position. Thanks to constant balancing, when the user tries to maintain the balance of the body, it prevents back pain and spine deformation. Suitable for multi-purpose sports, relaxation, rehabilitation and entertainment use.

ANTI-BURST system - in the event of a puncture or overpressure of the ball, the air is released slowly.

The choice of a gymnastic ball should correspond to the height of its future owner. You can choose a Fitball according to its diameter, which is adapted to the height of the user.

The size of the gymnastic balls is chosen according to height:

- ball diameter 45 cm - body height up to 140 cm
- ball diameter 55 cm - body height from 141 to 150 cm
- ball diameter 65 cm - body height from 151 to 165 cm
- ball diameter 75 cm - body height from 166 to 180 cm
- ball diameter 90 cm - body height over 180 cm

Product details:

- anti-slip material
- high quality
- long life of the ball

- diameter: 75 cm
- Anti-Burst system
- there is a pump in the set
- max. user weight: 300 kg