

Medicinbal SPOKEY-GRIPI 10 kg



Available sizes

Reference number

Ean number

Quantity

Suggested retail price: 92.99 € s DPH

Description

Spokey medicine ball. The 10 kg medicine ball is made of high-quality rubber. It has special hand grips for easy lifting and exercise. Exercise with a medicine ball develops dynamic strength better than just classic lifting of dumbbells, because it requires additional stabilization of movement and maintenance of balance.

Regular exercise with a medicine ball has a positive effect on your body, strengthens your muscles, improves physical condition and burns fat. The medicine ball will enable uniform strengthening and shaping of the figure. You can easily use it as a substitute for exercises with dumbbells. It is an excellent helper for home exercise and is suitable for both beginners and experienced athletes.

Product details:

- weight: 10 kg
- diameter: 29 cm
- quality rubber
- hand grips for better exercise and posture
- suitable for exercise for both beginners and experienced athletes