

Gymnastics ball SPOKEY-LOVA peanut



Available sizes

Reference number

Ean number

Quantity

Suggested retail price: 17.99 € s DPH

Description

Spokey gymnastic ball. The fit ball in the shape of a nut is a great choice:

- for home training
- rehabilitation
- exercises to support proper posture.

With a fitness ball, you diversify your training and engage almost all muscle groups. The gymnastic ball guarantees excellent support during exercise. Seemingly simple exercises with a ball can be very beneficial for your body.

By using a gymnastic ball, you strengthen most of your muscles , improve your condition or expand your repertoire of home exercises. Exercises with a gymnastic ball are suitable for everyone:

- easy to implement for beginners
- with low intensity for seniors
- they are also great for people after injuries as a form of rehabilitation.

It is also often used during rehabilitation to strengthen the muscles around the spine and improve blood circulation.

Exercises with a fit ball are suitable for everyone, regardless of current physical condition, level of training or age. You can exercise at home - you just need to have a little free space. A big advantage of exercising with a fit ball is that:

- does not burden the joints
- improves balance
- strengthens muscles
- is also suitable for meditation

The exercise ball only allows movement in one direction, which provides more stability than standard ball-shaped gymnastic balls. The ball is a great choice for seniors, pregnant women and children.

Product details:

- length: 90 cm
- diameter: 45 cm
- in the set: pump
- maximum user weight: 300 kg
- weight: 1.2 kg