

## Gymnastics ball SPOKEY-FITBALL III 75 cm I



**Available sizes**

**Reference number**

**Ean number**

**Quantity**

**Suggested retail price:** 14.99 € s DPH

### Description

Spokey gymnastic ball. The fitness ball provides excellent support for universal development activities. The Fit sitting ball in gray can also replace a chair at home or in the office - sitting on the ball requires proper posture. The fit ball will diversify the training and you will involve almost all muscles in the work. Seemingly easy-looking exercises bring great results. They will help you:

- shape the figure
- create healthy habits
- keep in good physical condition.

The exercise ball also develops balance and forces you to maintain proper posture. Therefore, it can also be used as a rehabilitation aid or a chair that relieves the spine during long hours spent in the office or at home at the computer.

The Spokey gymnastic ball allows you to perform exercises that are simple and suitable for beginners, with low intensity for seniors and ideal during rehabilitation. Training with the use of a gymnastic ball:

- does not burden the joints
- improves balance
- strengthens muscles

The gymnastic ball is made of material that prevents sliding. This effect is additionally strengthened by the tapes that are guided around the entire perimeter of the ball. The training ball uses the Anti-Burst system, which slowly releases the air in the event of a puncture or overpressure. This is important for safety - the user thus gets enough time to react (get off the ball). The package also includes a practical pump with which you can easily and quickly inflate the ball.

### How to choose the right ball size?

To maximize the effect of the exercise, choose the size of the ball according to your height:

- ball diameter 55 cm - body height 150-165 cm
- ball diameter 65 cm - body height 160-175 cm
- ball diameter 75 cm - body height 175-190 cm

The angle between the thighs and upper body, and the angle between the thighs and calves should be 90 degrees with the feet flat on the ground. This correctly selected ball size is ideal for sitting on the ball.

**Product details:**

- diameter: 65 cm
- recommended height of the exerciser 165-175 cm
- maximum weight of the exerciser 200 kg
- highly resistant PVC
- anti-slip surface protection
- ANTI-BURST system (gradual release of air in case of overpressure)
- designed for versatile fitness, cardio and rehabilitation exercises
- suitable for commercial and private use