

Gymnastics ball SPOKEY-HALF FIT Gymball 2 in 1 masage, 65 cm + pump



Available sizes

Reference number

Ean number

Quantity

Suggested retail price: 17.99 € s DPH

Description

Spokey gymnastic ball. The massage ball is made of non-slip material . This is also helped by the perimeter stripes on one half of the ball and massage protrusions on the other half . The main task of the massage protrusions is to stimulate blood circulation and massage the body , which leads to faster muscle regeneration. It is used in the massage gymnastic ball the Anti-Burst system , which ensures a slow and gradual release of the ball in the event of a puncture. This is very important for the safety of the user , who will thus gain time to react (get off the ball).

The Half fit ball is a great replacement for a classic chair in the office or at home - sitting on the ball requires proper posture. The fit ball also develops balance . It can be used not only during exercise or rehabilitation , but also as a chair that relieves the spine during long hours spent in the office or at home at the computer. The part of the ball with massage protrusions stimulates blood circulation even with small movements.

One half of the exercise ball has a smooth surface and the other has massage protrusions . This combination allows you to use the ball both during training and during exercises that stimulate blood circulation. Seemingly simple exercises bring great results. They will help you shape your figure, develop healthy habits and keep you in good physical condition . In addition to the ball itself, the package also contains a practical pump, with which you can quickly and comfortably inflate the ball.

Product details:

- anti-slip surface
- Anti-Burst system - in the event of a puncture or overpressure of the ball, the air is released slowly
- half of the ball with a smooth surface, the other half with massage protrusions for body massage and blood circulation stimulation
- a perfect replacement for a classic chair
- long life of the ball
- in the set: pump
- maximum user weight: 200 kg
- diameter: 65 cm