

XGB8S

GRIP BALL 5 UNIT W/ RACK

4 KG - 8 KG



Grip ball are an excellent form of upper body plyometric training designed to enhance all-around power and strength.

For anyone who adds medicine ball to their workout routine, the movement can help enhance overall athletic performance, improve cardiovascular conditioning, and develop multi-directional core strength. Grip ball really do hit just about every major muscle group, making them an excellent addition to high-intensity workout routines

BASE FEATURES

SOLD BY SET	YES
NUMBER OF UNIT	5
WEIGHT	4KG, 5KG, 6KG, 7KG, 8KG
INCREMENT	1 KG
DIAMETER	26 CM
RACK	OPTIONAL
GRIP	YES
RACK DIMENSION	63CM X 45CM X 159CM