

XMB10S Medicine Ball

Medicine 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 helps enhance overall athletic performance, improve cardiovascular conditioning, and develop multi-directional core strength. Medicine ball slams really do hit just about every major muscle group, making them an excellent addition to high-intensity workout routines.



Anti-slip finishing

Specification

Sold by Set	Yes
Number of Unit	10
Weight	1kg, 2kg, 3kg, 4kg, 5kg, 6kg, 7kg, 8kg, 9kg, 10kg
Increment	1 kg
Diameter	20 cm - 35 cm
Rack	Optional

