

## Medicine Balls With Handles

Perfect for circuits and functional training!

Medicine balls provide weight-resistance through an unlimited range of motion. These highly effective and super versatile training accessories will improve core strength, joint integrity, co-ordination and flexibility.

Our double grip medicine balls offer all the benefits of a regular medicine ball but the added handles allow for greater control, allowing users to lift heavier weights.

Available in a range of weights our medicine balls are a great way to introduce variety and challenge into your daily workout program and will challenge even the most serious athlete.



Easy Weight Identification



Handles



Storage Rack



Durable Rubber



### Technical Specifications

Rating	Commercial
Weights Available	3kg, 4kg, 5kg, 6kg, 7kg, 8kg, 9kg & 10kg

### Key Features

Ultra durable rubber coating	•
Textured surface with non-slip grip for easy handling	•
Evenly balanced weight distribution	•
Colour coded for easy weight identification	•
Available from 3 – 10kg in 1kg increments	•
Dual grip handles allow for greater control during explosive / functional exercises	•