

DUAL HANDLE BALL

- Ideal for abdominal training, rotational movement and strength training.
- Handles allow enhanced range of motion exercises.
- · Color coded to easily identify weight.







REF	weight	color
10-3180	6 lbs (2.7kg)	yellow
10-3181	12 lbs (5.4kg)	red
10-3182	18 lbs (8.2kg)	green
10-3183	24 lbs (10.9kg)	blue
10-3184	30 lbs (13.6kg)	black

Constant Ball Diameter: 9"

WARNING

Exercise routines should be determined by a doctor, therapist, coach, or trainer. This Product Contains Dry Natural Rubber.



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Fabrication Enterprises, Inc. 250 Clearbrook Rd Elmsford, NY 10523 (USA)

tel: 800-431-2830 +1-914-345-9300 fax: 800-634-5370 +1-914-345-9800

FabEnt.com