

Maxafe Core Stability Ball (53cm)

£17.99

Product Images



Short Description

Core stability balls or Swiss Balls as they are also known, should be a vital part of any gym. The 53cm Maxafe core stability ball is an inexpensive fitness accessory that can be used by people of all ages and abilities. These exercise balls are so simple yet incredibly versatile. You can perform a huge variety of exercises on them and the imbalance they create will train your core stabilising muscles more than lying or sitting on a bench.

This Maxafe core stability ball is 53cm in diameter, making it ideal for smaller individuals and children. It is made from burst resistant material that has undergone compression testing. Simply pump it up and away you go! Get yours by ordering online or calling us on 01494 952182.

Description

53cm Maxafe Gym Ball

Add a new dimension to your workouts with these stability balls! Available in 42cm, 53cm, 65cm and 75cm versions, they are a great training accessory that you can use anywhere. Made from a flexton burst resistant material, they have undergone static compression testing up to 400kg. They carry the CE mark of approval and are ideal for exercising at home or in classes. Perfect for circuits, bootcamps, kids training and rehabilitation after injury.

Each ball comes with a 24 page Exercise Handbook that will give you some help and advice on the muscle groups worked. This ball is Latex free and can be produced in a colour of your choice and branded with a company logo.

- Manufactured from Flexton Anti-Burst Material
- Maximum load - 400kg
- Recommended User Height - Up to 155cm (5ft 2").

Additional Information

SKU	GBMM
Weight	1.000000
Equipment Usage	Home Use