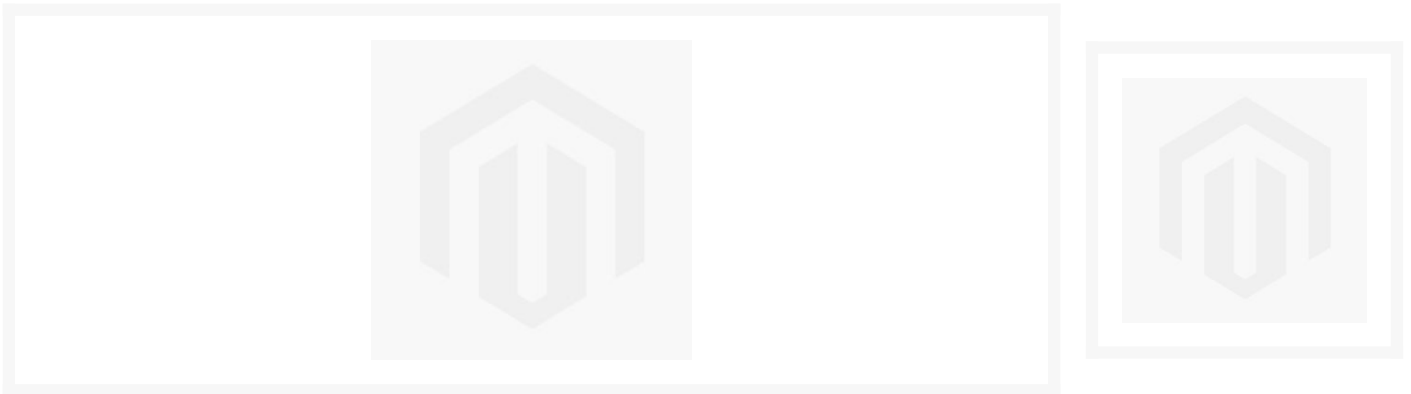


55cm Stability Ball

£18.00

Product Images



Short Description

Great for rehab and exercise, this 55cm stability ball allows you throw, catch, exercise on it, squat with it and use for ab work. It's made from flexton® which is a burst resistant material and has been tested up to a user weight of 400kg. It's available in four colour-coded sizes, this is the 55cm version and is latex free.

Description

55cm Gym Ball

This new 55cm gym ball is an essential for any home gym. Not only for typical exercises like ab work or balance but for exercises that include holding it, throwing it and catching it there's a lot you can do with the innocent Swiss ball.

Made out of a material called flexton® which is burst resistant and has been tested by static compression testing, there's a maximum weight of 400kg. The manufacturers also thought to make it latex free so more people can take advantage of using it. Finally, as there are different sizes available (depending on your size) they have colour coded the balls too.

Often thought of as a women's accessory or only for a Pilates studio, the gym ball allows you to perform quite a wide range of exercises that can target your core, as well as help with balance work and engaging additional stabiliser muscles.

Additional Information

SKU	PB55
Weight	1.000000