

65cm Stability Ball

£21.60

Product Images



Short Description

Home gyms and studios should all have an exercise ball. This 65cm stability ball is great for rehabilitation, exercise and for circuits. Whether you throw, catch or sit on it, it has been made from a burst resistant material called Flexton® and this allows up to 400kg of user weight. What's more it's latex free and comes in as part of a colour-coded range of gym balls.

Description

65cm Gym Ball

Offering a simple accessory that can be part of your home gym, this 65cm stability ball is great for a range of exercises and even circuits, but also for rehab work. As well as your abs you can work on your back, use as a platform for balance work and also for other exercises like chest flyes or squats using a wall.

It has been manufactured using a compound called flexton® which is burst resistant and is also latex free to reduce chances of people having allergic reactions when using it. This ball can also take up to 400kg of user weight, so shouldn't be problems for most. There are a number of different sizes available that may be better for your weight and size.

Whilst this is not the most versatile accessory, as a cost effective alternative exercise accessory we think it's hard to beat. Take a look online for videos of ways you can perform a whole range of exercises and you can see the benefits to you.

Additional Information

SKU	PB65
Weight	1.000000