

Cando Plyometric Weighted Ball, black, 6.6 lbs | Alternative to dumbbells

Product Information



Weight	3.005 kg
Dimensions	12.7 x 12.7 x 12.7 cm
Brand	CanDo
Item No.	W40125 [1008997]

Description

Alternative to dumbbells - Flexible use during training - Resistance training anywhere, anytime - The color coded Cando weighted balls are small enough and flexible enough to grasp with one hand, yet big enough to hold with two hands.

Hand balls increase in weight from 1.1 lbs. through 6.6 lbs while maintaining a constant 5" inch diameter.

Balls are soft and have give, and can be inflated or deflated to make ball harder/easier to grasp.

sold individually

https://www.3bscientific.com/ph/cando-plyometric-weighted-ball-black-66-lbs-alternative-to-dumbbells.p_924_16263.html