



MADE IN THE USA

KAMAGON®



9
INCH

TRAINING THAT TRANSLATES TO LIFE™



KAMAGON® Ball

ALL FITNESS LEVELS AND ATHLETES

Harness the benefits of Hydro-Inertia® training with the Kamagon® Ball by utilizing water to create an unstable resistance. Hydro-Inertia® causes your muscles to react faster, enhance your balance and stabilization, as well as strengthen your joints. Unlike traditional weights, such as dumbbells and kettle bells, you only need one Kamagon® Ball due to its adjustable weight capabilities.

- **HYDRO-INERTIA® WORKOUTS**
- **DOWNLOADABLE WALLCHART**
- **ADJUSTABLE WEIGHT**
- **IMPROVED BALANCE, STABILIZATION, & CORE STRENGTH**
- **ANAEROBIC & AEROBIC ENDURANCE**
- **FULL RANGE & FULL BODY EXERCISES**
- **SPECIFICATIONS**

- Available in 7 colors
- Length: 17 inches
- Diameter: 9 inches
- Circumference: 26 inches
- Product Weight (without water): 4 lbs
- Product Weight (fully filled with water): 13 lbs.



9" KAMAGON® Ball is available in these 7 colors.

ITEM NO.	PRODUCT DESCRIPTION	UPC
72-68087BLU	9" KAMAGON® BALL - BLUE - BROWN BOX	033149068181
72-68087GRY	9" KAMAGON® BALL - GRAY - BROWN BOX	033149068198
72-68087BLU	9" KAMAGON® BALL - PINK - BROWN BOX	033149068204
72-68087PUR	9" KAMAGON® BALL - PURPLE - BROWN BOX	033149681090
72-68087LGRN	9" KAMAGON® BALL - LIME GREEN - BROWN BOX	033149065227
72-68087ORG	9" KAMAGON® BALL - ORANGE - BROWN BOX	033149312352
72-68087RED	9" KAMAGON® BALL - RED - BROWN BOX	033149065234



HEDSTROM FITNESS
EMPOWERING YOU TO TRAIN FOR LIFE

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i Any exercise program has inherent risks. Consult your physician before beginning this or any exercise program.