



# HERO WALL BALLS

## HERO Wall Balls

The origin of the 'medicine ball' dates back 2,000 years to Ancient Greece. Since then, medicine balls have been used in one form or another to build health and strength. Recently, the theory of plyometric weight training has had a resurgence of popularity in the U.S., and wall ball workouts are an optimal functional exercise to include in your fitness regime. Available in a wide selection of weights, Hampton's Wall Balls are solidly constructed to withstand all your workouts.



CP-HWB-5



CP-HWB-10

## CLUB PACK

WALL BALLS		
Item#	Weight	Color
HWB-4	4 lbs	GRAY
HWB-6	6 lbs	GRAY
HWB-8	8 lbs	GRAY
HWB-10	10 lbs	GRAY
HWB-12	12 lbs	GRAY
HWB-15	15 lbs	GRAY
HWB-18	18 lbs	GRAY
HWB-20	20 lbs	GRAY
HWB-25	25 lbs	GRAY
HWB-30	30 lbs	GRAY
CP-HWB-5	1 ea. of 4, 6, 8, 10, 12 lb. balls 1 HMBV-5 Rack	
CP-HWB-10	1 ea. of 4, 6, 8, 10, 12, 15, 18, 20, 25, & 30 lb. balls 1 HMBV-10 Rack	

# HERO WALL BALLS