

Med Ball Target

Divided into three training zones (low, mid and high), the optional med ball target can be used with slam balls and a wide variety of med balls to enhance power training programs and offer program variety.

- Optional target enables power training with slam balls and med balls
- Target divided into three separate training zones (low, mid and high)



TECH SPECS

OVERALL DIMENSIONS (L X W X H) 193 x 86 x 13 cm / 76" x 34" x 5"

PRODUCT WEIGHT

50 kg / 110 lbs

SHIPPING WEIGHT

58.5 kg / 129 lbs