

# BSTDMB Dual-Grip Medicine Balls



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Body-Solid Tools Dual-Grip Medicine Balls have two integral handles, the handles provide a secure grip. Dual-Grip Medicine Balls are ideal for every day use because they are compact enough to keep in any room. Best of all, Body-Solid has taken dual-grip medicine ball design and updated it with a fresh modern look and user-friendly features.

Weight	Color	Item #
6.....	Black.....	BSTDMB6
8.....	Black.....	BSTDMB8
10.....	Black.....	BSTDMB10
12.....	Black.....	BSTDMB12
14.....	Black.....	BSTDMB14
16.....	Black.....	BSTDMB16
18.....	Black.....	BSTDMB18
20.....	Black.....	BSTDMB20
25.....	Black.....	BSTDMB25

## Special Features

- Durable rubber easy-grip handles for comfort and freedom of movement during both one and two-handed exercises.
- Solid weighted core.
- Ideal for a wide range of upper and lower-body exercises, including swings and rotational movements.
- Incremental weights between 6lbs and 25lbs. let you vary the intensity of your routines.