



MEDICINE BALLS **BSTMBP**



Body-Tools Medicine Balls **BSTMBP**

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 traditional medicine ball design and updated it with a fresh modern look and user-friendly features:

- Durable rubber construction for bouncing
- Adjustable air pressure lets you control the amount of bounce
- Textured surface ensures superior grip and handling
- Ideal for a wide range of upper and lower body exercises, including crunches, rotational twists and leg raises
- Incremental weights between 0.9 kg and 7.2 kg let you vary the intensity of your routines

WEIGHT	COLOR	ITEM#
0.9 kg	Lite purple	BSTMBP2
1.8 kg	Yellow	BSTMBP4
2.7 kg	Aqua	BSTMBP6
3.6 kg	Red	BSTMBP8
4.5 kg	Blue	BSTMBP10
5.4 kg	Black	BSTMBP12
6.3 kg	Orange	BSTMBP14
7.2 kg	Green	BSTMBP16

