

# THE BALLISTICA

The Sorinex Ballistica meets the needs of strength athletes who need portable, adjustable weight throwing aids. The Ballistica can be used as a 14 lb Women's weight, 28 lb Men's Lightweight, 56 lb. Heavyweight or Weight Over bar (WOB). It can also be converted into a Throwing Hammer by attaching the included chain or used as a Hungarian Core Blaster by attaching various handles to the included Carabiner clip.

## SPECIFICATIONS

LENGTH	24"
WIDTH	4"
WEIGHT	10 LBS
FITS	Olympic Plates

