

SLAM BALLS

Heavy ball slam exercises will build power and give you a total body workout by engaging the core, arms, back and legs. Tread Slam Medicine Balls have a raised, tire tread-like surface which provides superior grip and easy handling during heart-pumping workouts. The impact-absorbing, no-bounce design lets you safely throw the ball without it rebounding back or rolling away. Durable rubber is built to take a beating through repeated slams and intense exercise. Use it for exercises like rotational throws, Russian twists, overhead slams, presses and more to boost your heart rate and improve coordination and athletic performance. Not only will the dynamic movements burn calories, but throws and slams are a great way to take out stress! Anyone from beginners to athletes can use these fitness weight balls, making them perfect for your home gym or fitness center.

SPECIFICATIONS

10 LB - 20 LB DIAMETER	9"
25 LB - 50 LB DIAMETER	11"
50 LB - 100 LB DIAMETER	14"
100 LB - 150 LB DIAMETER	15"
MATERIAL	High Textured PVC
INCLUDES	Slam Ball (1)



FEATURES



WEIGHTED BALLS COME IN 10 TO 150LBS



TIRE TREAD TEXTURE FOR NON-SLIP GRIP



NO BOUNCE DESIGN FOR SLAMMING