

MEDICINE BALLS

The Medicine Balls are durable soft sided balls that are designed to add weight to various functional exercises. The ball is made from a non-porous material that can be easily cleaned and holds up to a commercial gym environment.

	SKU
5 LB	TD-MB-5
8 LB	TD-MB-8
10 LB	TD-MB-10
15 LB	TD-MB-15
20 LB	TD-MB-20
25 LB	TD-MB-25



USE

The Medicine Balls are designed to be held and lifted as a form of resistance for various functional exercises. Medicine balls should not be used in exercises that slam the ball to the ground or are repeatedly dropped.

CARE

Clean surfaces with a neutral pH cleaner. Avoid contact with rigid or sharp edges or abrasive surfaces. Store in a dry environment. Inspect before use to ensure there is no damage.

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