

DESCRIPTION

Gym ball with a diameter of 65cm. Made of high-quality PVC with excellent resistance and durability, it is a great tool to enhance balance, strength, and flexibility. A pump is included in the package, so the ball is ready for use in just a few minutes.

IMPROVE BALANCE: Using the gym ball helps enhance balance and stability by engaging muscles often overlooked during traditional exercises.

STRENGTH TRAINING: Ideal for muscle strengthening exercises, the ball effectively targets the abs, back, glutes, and legs.

FLEXIBILITY AND MOBILITY: Regular use of the gym ball can improve joint flexibility and mobility, prevent injuries, and enhance posture.

QUALITY MATERIALS: Made of durable PVC, the ball is designed to withstand intensive use. The material ensures safety and comfort during workouts.

EASY TO USE: The gym ball comes with an included pump, making inflation quick and easy. Perfect for home, gym, or outdoor use, allowing you to perform a wide range of exercises anywhere.



TECHNICAL SPECIFICATIONS.

Color **Black**

STRENGTHS