

20kg Tyre Thread Slam Ball Dead Ball Medicine Ball for Gym Fitness

RRP: \$229.95

These non-bounce Tyre Slam Balls are intended for multiple levels of exercise difficulty and have a variety of fitness and sport applications. This is the ideal ball for exercises such as wood chops, overhead throws and much more. Ball slam exercises help you gain explosive strength and muscle control, and tone your entire body from your shoulders to your legs. Using slam balls will encourage you to do a variety of challenging movements that will increase cardiovascular activity and aid in weight loss. The Tyre Slam Balls also make an excellent tool for cross training workouts or sport specific training like MMA and volleyball.

These tyre tread-style, non-bounce slam balls can benefit users of various sizes and skill levels. They are versatile enough to use as wall balls and also for traditional medicine ball exercises. The textured tyre-style surface of these slam balls provides better gripping capabilities when compared to traditional slam balls.

Features:

- Weight: 20 KG
- Textured "tyre style" surface provides better grip
- Non-bounce design

Attributes:

- Size: 20kg
- Colour: Black

