



Body Solid Ball Rebounder (GBR10)



With the Ball Rebounder from Body Solid, coordination and reaction can be trained. By throwing, catching and through the dynamic rotating movements, almost all muscle groups are involved. Coordination, motor skills, fitness and strength are effectively trained. Pefekt for functional and cross training, circuit training, sports and rehabilitation.

CHF 399.00

- suitable for training in pairs or small groups
- can be used as a circuit station for training in larger groups
- angle of inclination adjustable from 30°-60
- tubular steel frame
- weight spikes for disc support for greater stability
- built-in storage possibility for medicine balls
- only for the use of medicine balls from 1-5kg
- medicine balls not included
- dimensions: L139 xW119 x H96cm
- weight 19,5kg