



## Bruce Lee Speedball on stand (14BLSBO106)



Bruce Lee standing punching ball for a varied boxing training. This leather punching ball of the brand Bruce Lee is made of black leather. With the punching ball stamina and punching speed is trained and improved. The reaction ability is particularly promoted, because the athlete must be 100% on the job by the rebound of the ball. In this way, progress in focusing can also be achieved. The diameter of the bulb is only 17 cm and you can therefore easily integrate the speedball into a room.

CHF 139.00

The Bruce Lee Boxing Ball helps to increase the intensity in boxing training and the movement of the boxing ball improves the punch and kick skills. In addition, the effectiveness of their boxing training is improved. The base can be filled with quartz sand.

- Height adjustable from 128cm to 158cm
- Diameter of the bulb 17cm
- weight 6,5kg
- Base can be filled with sand or water