



## SKLZ Trainer Med Ball 3,6kg



Medicine - training ball with exercises printed on it. Printed with exercises, SKLZ Trainer Medball with a weight of 3.6kg forms an optimal tool for full-body strength training.

CHF 59.90

- illustrated exercises printed directly on the ball
- clear illustrations show which muscles the exercise is targeted for
- includes sets and repetitions for a total body strength workout
- layer exercises together for a total body strength workout
- patented program designed by EXOS
- weight 3,6kg