



Sissel Pilates Toning Ball



The ideal addition to your Pilates mat program! The Toning Balls can be integrated into many Pilates exercises. The balls are filled with fine sand and are very robust. They can ideally combine strength and balance training: For example, push-ups become more difficult because the hands on the small balls have to keep the balance. In addition, several muscle groups are stretched and strengthened simultaneously with each movement - you can't train more economically.

CHF 37.00

- different training possibilities of different muscle groups
- can specifically train arms, shoulders and upper body
- phthalate-free
- diameter approx. 9 cm
- color: blue
- weight variants: 450g or 900g (in a set of 2)