

BSTMBP Medicine Balls



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Medicine balls are ideal for every day use because they are compact enough to keep in any room. Best of all, Body-Solid has taken traditional medicine ball design and updated it with a fresh modern look and user-friendly features. A textured grip surface ensures superior grip and handling even during intense workouts.

Durable rubber construction means Body-Solid Tools Medicine Balls will retain their shape and integrity. Thick, reinforced rubber construction and inner windings prevent Body-Solid Tools Medicine Balls from splitting or cracking. Designed for exceptional comfort, Body-Solid Tools Medicine Balls feature a firm-grip design, ideal for throwing, bouncing and light rebounding. Each Body-Solid Tools Medicine Ball features large, easy-to-identify weight identifiers while color-coding for each weight offers simple and quick recognition. Adjustable air pressures puts users in full control of the bounce and adds variety to exercise routines.

Body-Solid Tools Medicine Balls are available in eight sizes: 2 lbs, 4 lbs, 6 lbs, 8 lbs, 10 lbs, 12 lbs, 14 lbs and 16 lbs.

Special Features

- Durable rubber construction for bouncing
- Adjustable air pressure lets you control the amount of bounce
- Textured surface ensures superior grip and handling
- Ideal for a wide range of upper and lower-body exercises, including crunches, rotational twists and leg raises
- Incremental weights between 2 lb. and 16 lb. let you vary the intensity of your routines
- Available in 2, 4, 6, 8, 10, 12, 14, 16 Pound increments