

Medicine Balls With Handles

Perfect for circuits and functional training!

Medicine balls provide weight-resistance through an unlimited range of motion. These highly effective and super versatile training accessories will improve core strength, joint integrity, co-ordination and flexibility.

Our double grip medicine balls offer all the benefits of a regular medicine ball but the added handles allow for greater control, allowing users to lift heavier weights.

Available in a range of weights our medicine balls are a great way to introduce variety and challenge into your daily workout program and will challenge even the most serious athlete.



Easy Weight Identification



Handles



Storage Rack



Durable Rubber



Technical Specifications

Rating	Commercial
Weights Available	3kg, 4kg, 5kg, 6kg, 7kg, 8kg, 9kg & 10kg

Key Features

Ultra durable rubber coating	•
Textured surface with non-slip grip for easy handling	•
Evenly balanced weight distribution	•
Colour coded for easy weight identification	•
Available from 3 – 10kg in 1kg increments	•
Dual grip handles allow for greater control during explosive / functional exercises	•