

Body Solid Stability Balls



Get on the ball for easy, convenient core training and stability exercises. Available in 45, 55, 65 and 75 cm diameters.

Rating: Not Rated Yet

Price

Price with discount \$25.00

Sales price \$25.00

Discount

Tax amount

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Manufacturer [Body Solid](#)

Description

What goes around comes around, and the best way to ensure a lifetime of healthy posture, balance and conditioning is to commit to a regular core strength and stability program. Fortunately, Body Solid makes it simple, fun and effective with exercise balls durably designed to round out your daily routines.

- Durable, anti-burst construction is easy to use and easy to clean.
- Four sizes to comfortably accommodate any size user.
- Ideal for core strength and stability programs that target toning, stretching, back care, balance and rehabilitation.
- Latex Free

The Tools You Need for the Physique You Want!

Physical therapists have exercise balls for years, but fitness experts now acknowledging their effectiveness and efficiency. Body Solid Tools Stability Balls are a great way to incorporate fitness into your everyday lifestyle. They can be used to perform a variety of balance, core training, strength, flexibility and rehabilitation exercises that target the abdominals, hips, glutes, back and upper body. Many people who work long hours at a desk job have also discovered the benefits of replacing their desk chair with an exercise ball.

An economical way to introduce fitness into your everyday routines

The Body Solid Tools line of weights and accessories was developed specifically to address the needs of fitness-focused individuals who do not have the time or desire to join a health club or the space and budget to accommodate a home gym.

Body Solid Tools are there when you need them and can be easily stored away when you are finished with your routine. They can be incorporated into everyday activities like watching TV or listening to music. They can also be used to elevate the efficiency of other fitness routines such as jogging and power walking, aerobics, general exercise, physical therapy and even yoga routines.

Best of all, they are quality-designed and engineered to provide the many benefits of weightlifting and exercise without the commitment, expense and inconvenience of a health club membership or trip to the gym. With Body Solid, you have the tools you need to become your own personal trainer.

Body Solid Tools Stability Balls are ideal for users of any size, age or activity level and can be incorporated into a number of fitness applications including physical therapy, yoga, Pilates, and general exercise.

Reviews

There are yet no reviews for this product.