

Mini

Технические характеристики

По вопросам продаж и поддержки обращайтесь:

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Астрахань (8512)99-46-04	Калуга (4842)92-23-67	Омск (3812)21-46-40	Ставрополь (8652)20-65-13
Барнаул (3852)73-04-60	Кемерово (3842)65-04-62	Орел (4862)44-53-42	Сургут (3462)77-98-35
Белгород (4722)40-23-64	Киров (8332)68-02-04	Оренбург (3532)37-68-04	Тверь (4822)63-31-35
Брянск (4832)59-03-52	Краснодар (861)203-40-90	Пенза (8412)22-31-16	Томск (3822)98-41-53
Владивосток (423)249-28-31	Красноярск (391)204-63-61	Пермь (342)205-81-47	Тула (4872)74-02-29
Волгоград (844)278-03-48	Курск (4712)77-13-04	Ростов-на-Дону (863)308-18-15	Тюмень (3452)66-21-18
Вологда (8172)26-41-59	Липецк (4742)52-20-81	Рязань (4912)46-61-64	Ульяновск (8422)24-23-59
Воронеж (473)204-51-73	Магнитогорск (3519)55-03-13	Самара (846)206-03-16	Уфа (347)229-48-12
Екатеринбург (343)384-55-89	Москва (495)268-04-70	Санкт-Петербург (812)309-46-40	Хабаровск (4212)92-98-04
Иваново (4932)77-34-06	Мурманск (8152)59-64-93	Саратов (845)249-38-78	Челябинск (351)202-03-61
Ижевск (3412)26-03-58	Набережные Челны (8552)20-53-41	Севастополь (8692)22-31-93	Череповец (8202)49-02-64
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Россия (495)268-04-70	Киргизия (996)312-96-26-47	Казахстан (7172)727-132	

dxm@nt-rt.ru || <https://dynamax.nt-rt.ru/>



Mini Medicine Ball

Weight 2 lb, 3 lb, 4 lb, 5 lb, 6 lb, 8 lb, 10 lb

Diameter 10 inch

Colors



Why Buy a Mini Medicine Ball?

Athletes choose smaller medicine balls to enhance their speed, accuracy and overall sports performance. The mini medicine ball is also the least intimidating whilst still offering a good level of resistance. Ideal for beginners, this ball comes with a lighter weight range to help you find your flow and enjoy smooth motion.

Versatility of Medicine Ball Workouts & Exercises

Not only can small medicine balls reinvigorate your daily fitness routine, they can also help to strengthen **all** key muscle groups; talk about versatile! Use a suitable weighted med ball to take your squats to the next level or build some serious abs by spicing up your lunges with chest twists and an 8lb medicine ball. Need some inspo? View our extensive range of full-body Dynamax workouts and exercises and hit the gym with your 2lb medicine ball in tow!

Athlete Tested & Approved

Top-level athletes are no strangers to using small medicine balls to enhance their speed, accuracy and overall sports performance. A medicine ball can replicate complex sporting actions, such as anticipating blows to the stomach in boxing, making them the perfect choice when looking to improve body positioning.

Enhanced Physical Fitness

Whether you are looking to develop your power and explosiveness or improve your coordination and balance, a 2 or 5lb medicine ball is an essential piece of equipment. You will **burn more calories, work more muscles** and see **greater day-to-day improvements** all while working hard and having fun.

Ready to get to work? Of course you are! We recommend that med ball novices buy a 2lb medicine ball to start with and slowly progress up the weights. For those of you who are more experienced, buy a 5lb medicine ball or heavier and show us what you got. Buy a Dynamax Mini Medicine Ball today!

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