

7kg Slam Ball No Bounce Crossfit Fitness MMA Boxing BootCamp

RRP: \$74.95

The 7kg Slam Ball offers no-bounce design and is intended for repeated slamming on solid surfaces. Great for CrossFit, MMA, boot camp, ab workout, rehabilitation, and many other exercises. The sand filled inside keeps the ball from bouncing and rolling around during use.

The perfect tool for Crossfit workouts, Personal Trainers, Core Strengthening, or Sports Specific Training like MMA, Boxing, Wrestling, etc

Freedom strength no bounce slam balls are filled with Sand and have a very durable Latex high-density cover. The Slam Balls are an excellent addition to any all over body high-intensity workout.

FEATURES:

- 7kg Weight
- Ultimate durability
- Infinite number of slams
- 9" Diameter
- Bootcamp favourite
- Increase core strength
- No bounce

Note: You will receive one 7kg Slam Ball

Attributes:

- Size: 7kg
- Colour: Black

