



## GYMNIC PLUS FITBALL - ALL SIZES AND COLOURS

The Gymnic Plus Fitball makes it a fantastic multi-purpose tool to assist your mobility, balance, posture, flexibility, strength and muscle tone.



Matte finish and is soft and comfortable to lie on!

### KEY BENEFITS

- Has a weight tolerance of 300kg
- The PVC used for making the balls is burst-resistant and latex-free
- When used outside of rehab, body balls can take your exercise routine a step further. Effectively engage a range of muscles in your body, amp up your cardio, work your stabilising core and back muscles, and optimise your strength and balance training so you can beat your plateau and get the competitive edge

### Available in

- Ø 55cm, 65cm and 75cm (diameter) and comes in blue, green, orange, purple, red and yellow. The pump is not included,

**Note: As with any inflatable, this ball should not be used on any surface containing sharp, pointed objects due to the risk of puncture. However, in case of puncture the ball deflates slowly.**



#### ITEM CODE

FB2222	Fitball 75cm Yellow
FB2233	Fitball 55cm 300kg BRQ - Red
FB2234	Fitball 55cm 300kg BRQ - Green
FB2381	Fitball 75cm - GREEN

