

# Heavy Medicine Balls \$239.99

<https://www.dunriteplaygrounds.com/store2/34359-1364664-Heavy-Medicine-Balls>

## Product Image

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## Description

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Make the most of this pre-season by incorporating this Reactor by Champion Barbell® Heavy Medicine Balls into your players training program. Instead of isolating just a few muscles, the medicine ball can be safely integrated into most exercises, so athletic trainers can easily develop a full-body conditioning routine for their players. Thanks to the heavy weight of the ball and free range of motion, athletes can train smarter, completing single-leg squats one day and lying chest tosses the next for a varied workout routine that engages every muscle.

- Medicine balls can be integrated into nearly any fitness or exercise routine for a full-body workout
- Allows users to target and activate a variety of muscle groups, including back, arms and abdominals
- Heavyweight design is great for resistance training programs
- Helps reduce the risk of injury and improve overall balance and strength

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- Available in a variety of weight options, each of which are designed in a distinct color for simple identification

#### Specifications:

- Activity: Training, Weight Lifting, Weight Training
- Brand: Reactor by Champion Barbell®
- Quantity: 1

heavy medicine balls

Brand:Champion Barbell  
Special Warranty:1 Year  
Unit:EA  
Shipment Type:Small Pack