



BSTDMB

Body-Solid Tools - Dual-Grip Medicine Balls



BSTDMB Body-Tools Dual-Grip Medicine Balls

Medicine balls are ideal for every day use because they are compact enough to keep in any room. Best of all, Body-Solid has taken dual-grip medicine ball design and updated it with a fresh modern look and user-friendly features:

- Durable rubber easy-grip handles for comfort and freedom of movement during both one- and two-handed exercises
- Solid weighted core
- Ideal for a wide range of upper and lower body exercises, including swings and rotational movements
- Incremental weights between 6 lb. and 20 lb. let you vary the intensity of your routines

Weight ... Color..... Item

6.....	Black.....	BSTDMB6
8.....	Black.....	BSTDMB8
10.....	Black.....	BSTDMB10
12.....	Black.....	BSTDMB12
14.....	Black.....	BSTDMB14
18.....	Black.....	BSTDMB18
20.....	Black.....	BSTDMB20