Slam balls

OFSBALLS



Details

Slam Balls are the perfect training tool for explosive slamming movements. Available in sizes 3kg to 15kg, these multi-use, dead-bounce balls are textured for extra grip to allow a full explosive movement.

Designed to absorb impact, Slam Balls are the perfect solution for an explosive workout - these workouts are a great for the entire body - mainly focusing on core and upper body with an addition of improving Strength, Joint Integrity, Co-ordination, Range of Motion and Flexibility.

Slam Balls are also the perfect product for circuits and interval training with a bonus of being usable in the outdoors - as well as indoors.

- Textured surface for extra grip
- Consistent size improves technique
- Available in various sizes and weights
- Absorbs impact so they do not bounce
- Built to withstand repetitive high impacts

SKU	Options	Available Colours
OFSB3	3kg	N/A
OFSB5	5kg	N/A
OFSB7	7kg	N/A
OFSB9	9kg	N/A
OFSB12	12kg	N/A
OFSB15	15kg	N/A