



# BSTMB

## Body-Solid Tools - Medicine Balls



### BSTMB Body-Tools 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 traditional medicine ball design and updated it with a fresh modern look and user-friendly features:

- Durable rubber construction for bouncing
- Adjustable air pressure lets you control the amount of bounce
- Textured surface ensures superior grip and handling
- Ideal for a wide range of upper and lower body exercises, including crunches, rotational twists and leg raises
- Incremental weights between 2 lb. and 18 lb. let you vary the intensity of your routines

#### Weight ... Color ..... Item #

2.....	Lt. Purple .....	BSTMB2
4.....	Yellow .....	BSTMB4
6.....	Aqua .....	BSTMB6
8.....	Red .....	BSTMB8
10.....	Blue .....	BSTMB10
12.....	Black.....	BSTMB12
14.....	Orange.....	BSTMB14
16.....	Green.....	BSTMB16