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<http://lifeline.nt-rt.ru> | nfe@nt-rt.ru

SLAM BALL

Slam and throw to improve explosive power. Toss to develop joint integrity. Coordinated movements boost stability and balance. Build muscles and aerobic capacity simultaneously. Combine slams and squats for full body conditioning.

- Develop explosive power with full body conditioning
- Improve functional strength – stability and balance
- Intensify bodyweight workouts with added weight



LLSB-6 |
6lb



LLSB-8 |
8lb



LLSB-10 |
10lb



LLSB-15 |
15lb



LLSB-20 |
20lb



LLSB-30 |
30lb

WALL BALL

Press, push and throw for a fun and challenging full-body workout that covers multiple planes of motion to improve functional strength, explosive power and muscle stability. Grippable padding allows for added resistance to traditional bodyweight exercises while the freedom of movement intensifies the compound movements that improve balance and stability needed for injury rehabilitation.

- Improve balance, coordination and stability
- Develop explosive power
- Combat muscular imbalances



LLWB-10 |
10lb



LLWB-16 |
16lb



LLWB-20 |
20lb



MEDICINE BALL

Using the Lifeline Medicine Balls is an excellent way to develop total body strength, power and stability. They feature a unique textured surface for sure-handed grip, uniform wall thickness for superior balance, and a durable rubber construction that provides medium bounce. These balls are designed for handheld, light bouncing & rebounding and throwing exercise training use and are offered in 2lb increments, allowing you to progress as you build strength and coordination. The large weight markings provide easy level identification.

- Textured surface for non-slip grip
- Uniform wall thickness for superior balance and strength
- Hollow design provides bounce
- Inflation level can be adjusted to increase/decrease rebound
- Rubber construction for durability



MEDICINE BALL SET

This versatile set provides five different weight levels, giving users options to match their training and fitness level while allowing for progression as strength increases. The storage rack keeps the med balls out of the way when not in use.

- High-strength steel tubing
- Space-saving vertical storage
- Rack dimensions: 12" x 12" x 48.8"
- Includes: 2lb, 4lb, 6lb, 8lb, 10lb medicine balls and a vertical storage rack

LLMBSET2-10W |



MINI CORE BALL

This travel size ab trainer is perfect for medicine ball-type moves like plyometric push ups, fitness ball core work like ball squats or stability ball stretches like back extensions. Soft and supportive for rehab applications, the unstable surface forces muscles to work harder, helping build strength, improve balance, straighten posture and tone core.

- Size: 9in diameter
- Addresses back pain
- Strengthen abs + core
- Improve posture + balance

LLMCB |



Exercise Balls

PRO BURST RESISTANCE EXERCISE BALL

Take crunches, bridges, push ups, squats and planks to the next level by continually engaging your core and back muscles for improved strength and balance. Perfect for rehabbing, warming up and stretching or as a support tool to break plateaus in resistance and HIIT workouts, Pro Burst Resistant Exercise balls employ and fortify the stabilizer muscles needed for functional strength and athletic performance.

- Size: 65cm diameter
- Proprietary burst resistant composite
- Eco-friendly, 6P phthalate/toxin free
- Designed to deflate slowly if punctured
- Includes: Exercise instruction chart, a fast pump, (2)inflation plugs, and (1)plug remover

FBRB65OL |



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