



A medicine ball (also known as an exercise ball, a med ball, or a fitness ball) is often used for rehabilitation and strength training as it plays an important role in the field of sports medicine. Medicine ball training is one of the oldest forms of strength and conditioning training – the first reference to wrestlers training with sand filled bladders appears in Persia nearly 3000 years ago. In ancient Greece the physician Hippocrates had his patients throw them back and forth for injury prevention and rehabilitation.

Reference	Description	Ø	Unit
06-030103	Mambo Max Medicine Ball - 1kg	20cm	1 pc
06-030104	Mambo Max Medicine Ball - 1,5kg	20cm	1 pc
06-030105	Mambo Max Medicine Ball - 2kg	20cm	1 pc
06-030107	Mambo Max Medicine Ball - 3kg	22cm	1 pc
06-030108	Mambo Max Medicine Ball - 4kg	22cm	1 pc
06-030109	Mambo Max Medicine Ball - 5kg	27cm	1 pc
06-000301	Mambo Max Medicine Ball rack (6 balls)		1 pc



Mambo Max SoftMeds are colour coded hand weighted balls that are small and flexible enough to grasp with one hand, yet big enough to hold with both hands. The soft, pliable vinyl cover makes it easy to hold and is a safe and effective way to add weight training to your workout. Mambo Max SoftMeds are fully inflated and ready to use, straight out-of-the box. When needed, air pressure can be adjusted with a needle pump.



Reference	Weight	Description	Unit
06-040102	0,5kg	Mambo Max SoftMeds Tan	1 pc
06-040103	1kg	Mambo Max SoftMeds Yellow	1 pc
06-040104	1,5kg	Mambo Max SoftMeds Red	1 pc
06-040105	2kg	Mambo Max SoftMeds Green	1 pc
06-040106	2,5kg	Mambo Max SoftMeds Blue	1 pc
06-040107	3kg	Mambo Max SoftMeds Black	1 pc

