

BSTSMB Soft Medicine Balls



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Soft-shell construction absorbs impact while maintaining shape and weight balance even after repeated use. Easy to catch, impact absorbing design makes Body-Solid Tools Soft Medicine Balls perfect for a number of integrated strength and endurance exercises such as squats, cleans, chops, sit-ups, push-ups and more. Both moisture and scuff resistance, these Soft Medicine Balls are built for heavy usage.

Body-Solid Tools Soft Medicine Balls are available in 6lb., 8lb., 10lb., 12lb., 14lb., 16lb., 18lb., 20lb., 25lb. and 30lb. with each medicine ball featuring a 14" diameter regardless of weight.

Special Features

- Engage your entire body and develop strength, coordination and endurance
- Soft-shell construction absorbs impact while maintaining shape and weight balance even after repeated use
- Easy to catch, impact-absorbing design
- Perfect for strength and endurance exercises such as squats, cleans and chops