

Pro Maxafe Training Exercise Ball

MSRP \$110.00

SALE \$69.00

Highlights:

- Great for core, stability, & rehabilitation exercises
- Flexton Silpower material offers comfortability
- Slowly deflates if punctured
- Variety of colors offered for customization



Work on your core and stabilizing muscles with the Maxafe Training Exercise Ball. Constructed with patented Flexton Silpower material, the ball offers a comfortable and slip-resistant surface for users. As an additional safety feature, the unique construction will not suddenly pop if punctured or damaged. Instead, it will slowly deflate over time to protect users from abruptly falling to the ground. Also known as a stability ball, the unit requires users to engage their stabilizing muscles to stay balanced. It's a phenomenal way to increase coordination, strength, and even help develop better posture. It's small size allows it to be used in any gym, home or office so you may exercise at any time. Because the ball only requires the use of body weight to exercise on, it is great for beginners and is frequently used by physical therapists to treat those recovering from injury. Experienced athletes and avid gym users can perform more challenging exercises to hone in on specific muscles and focus on sport-specific movements.