

FRONT

BACK



Quick guide



SLAM BALL 9KG

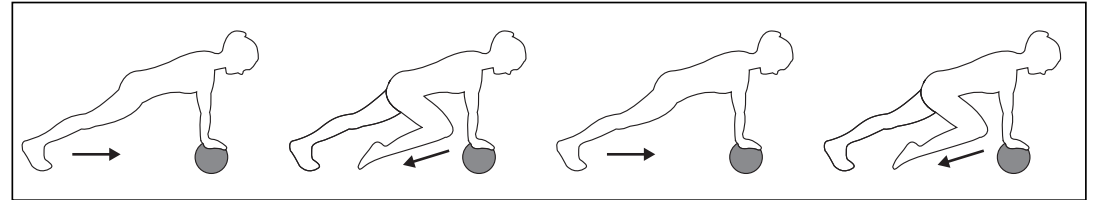


Quick Guide

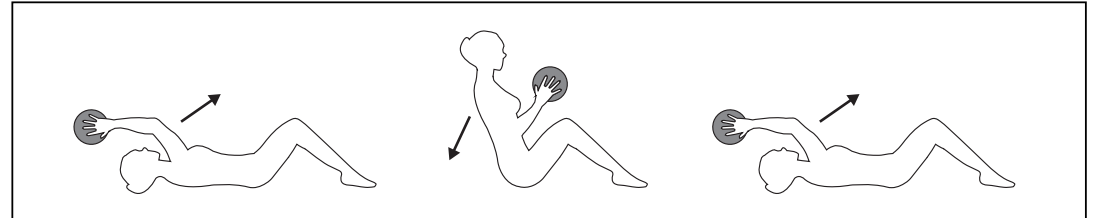
SLAM BALL - 9KG

Exercise examples:

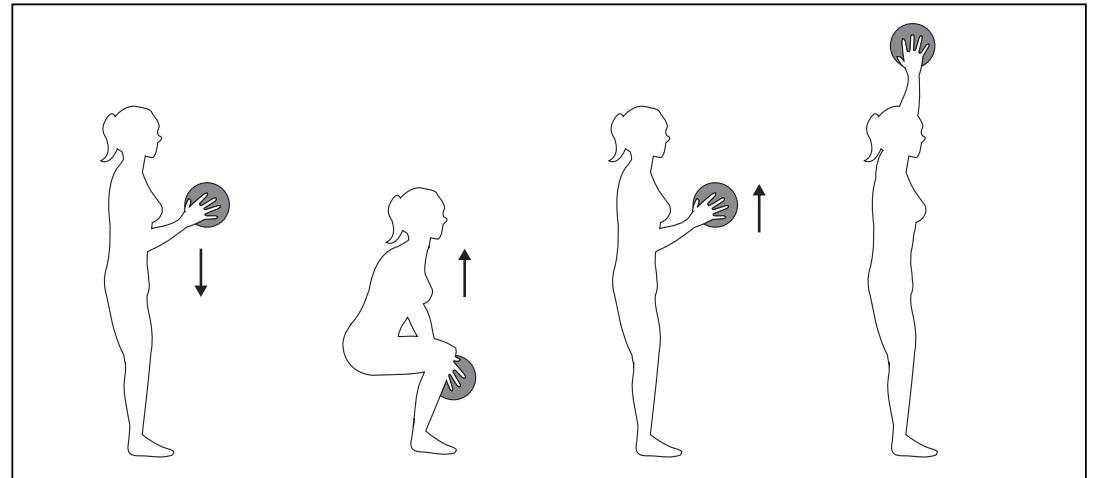
Mountain climber



Sit up



Squat Curl press



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For more examples on how to use the Slam Ball, please visit our support website: www.envivo.nu
Not to be used on rough surfaces, as this can damage the Slam Ball.