



# FITNESS MAD SWISS BALL, PUMP & ONLINE GUIDE

Fitness Mad Swiss Ball, Pump & Online Guide is the perfect kit for home users during workouts, Yoga, Pilates or physiotherapy. It can also be used as a chair to aid posture and core strength. The ball comes with a comprehensive online guide including 40 great Swiss ball exercises including warming up, bodyweight exercises and dumbbell workouts using the ball.



## MORE VIEWS



## SPECIFICATIONS

|                             |                    |
|-----------------------------|--------------------|
| <b>Colour</b>               | Blue               |
| <b>Size</b>                 | 55cm, 65cm, 75cm   |
| <b>Material</b>             | Pthalate free PVC  |
| <b>Warranty</b>             | 12 months          |
| <b>Accessories Included</b> | Online Guide, Pump |