



HERO DUAL-HANDLE MEDICINE BALLS

HERO Dual-Handle Medicine Balls

The origin of the 'medicine ball' dates back 2,000 years to Ancient Greece. Since then, medicine balls have been used in one form or another to build health and strength. Recently, the theory of plyometric weight training has had a resurgence of popularity in the U.S., and whether you're doing lunges, swings or push-ups, Hampton Fitness has the right product for your exercise needs. The Hampton Dual-Handle Medicine Ball is constructed from one single virgin rubber mold, which ensures our product's handles will not break or detach as other inferior models do. Our vibrant selection of colored medicine balls is not only attractive but extremely durable.



CP-HDHMB-5



CP-HDHMB-10

CLUB PACK

DUAL HANDLE MEDICINE BALLS

Item#	Weight	Color
HDHMB-6	6 lbs	PINK
HDHMB-8	8 lbs	RED
HDHMB-10	10 lbs	ORANGE
HDHMB-12	12 lbs	YELLOW
HDHMB-14	14 lbs	GREEN
HDHMB-16	16 lbs	BLUE
HDHMB-18	18 lbs	PURPLE
HDHMB-20	20 lbs	GREY
CP-HDHMB-5	1 ea. of 6, 8, 10, 12, 14 lb. balls 1 HMBV-5 Rack	
CP-HDHMB-10	2 ea. of 6, 8 lb balls 1 ea. of 10, 12, 14, 16, 18, 20 lb. balls 1 HMBV-10 Rack	

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