



HERO MEDICINE BALLS

HERO 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 wight 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.



CP-HMB-5



CP-HMB-10

CLUB PACK

MEDICINE BALLS

Item#	Weight	Color
HMB-4	4 lbs	PINK
HMB-6	6 lbs	RED
HMB-8	8 lbs	ORANGE
HMB-10	10 lbs	YELLOW
HMB-12	12 lbs	GREEN
HMB-15	15 lbs	BLUE
HMB-18	18 lbs	PURPLE
HMB-20	20 lbs	GREY
HMB-25	25 lbs	GREY
HMB-30	30 lbs	GREY
CP-HMB-5	1 ea. of 4, 6, 8, 10, 12 lb. balls 1 HMBV-5 Rack	
CP-HMB-10	1 ea. of 4, 6, 8, 10, 12, 15, 18, 20, 25, & 30 lb. balls 1 HMBV-10 Rack	

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