



# HERO SLAM BALLS

## HERO Slam 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 slam ball workouts are an optimal functional exercise to include in your fitness regime. Available in a wide selection of weights, Hampton's Slam Balls are solidly constructed to withstand all your workouts.



CP-HSB-5



CP-HSB-10

## CLUB PACK

### SLAM BALLS

Item#	Weight	Color
HSB-4	4 lbs	BLACK
HSB-6	6 lbs	BLACK
HSB-8	8 lbs	BLACK
HSB-10	10 lbs	BLACK
HSB-12	12 lbs	BLACK
HSB-15	15 lbs	BLACK
HSB-18	18 lbs	BLACK
HSB-20	20 lbs	BLACK
HSB-25	25 lbs	BLACK
HSB-30	30 lbs	BLACK
CP-HSB-5	1 ea. of 4, 6, 8, 10, 12 lb. balls 1 HMBV-5 Rack	
CP-HSB-10	1 ea. of 4, 6, 8, 10, 12, 15, 18, 20, 25, & 30 lb. balls 1 HMBV-10 Rack	

# HERO SLAM BALLS