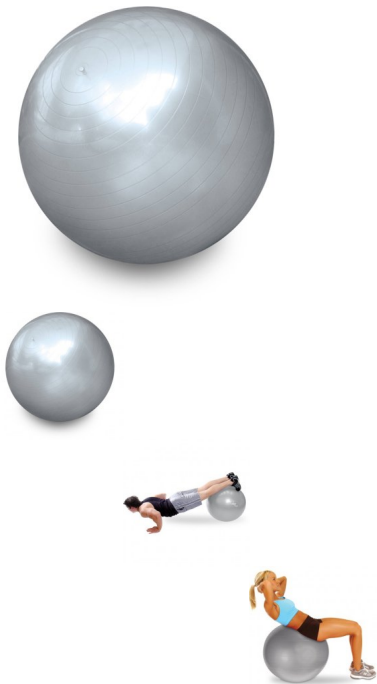


CAP Fitness Stability Ball, 65cm, Assorted Colors



Improve your core strength and spinal health with the CAP Fitness 65cm Stability Ball. You can incorporate the ball in a variety of exercises to improve core strength, flexibility, posture, balance and muscle tone. Made to last and great for home use; incorporate this stability ball into a variety of exercise routines, including yoga, Pilates, cross-training, aerobics and more! Also great as an alternative to a chair while working at your desk or watching television, as the relative instability of the ball forces your abdominal muscles to work harder, giving you a low-impact ab workout that also helps improve spinal health and posture. The included air pump allows you to keep the ball at your desired level of inflation.

Rating: Not Rated Yet

Price

15,90 €

Discount -5,00 €

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Manufacturer [CAP](#)

Description CAP Fitness 65cm Stability Ball, Silver:65cm stability ballImproves back health and tones bodyStrengthens your coreLow impactImprove core strength, flexibility, posture and moreIdeal for home useGreat for a variety of fitness routines

Reviews

There are yet no reviews for this product.