

Other Equipment and Accessories for Fitness, Aerobics, Plyometrics and Pilates

## Softgym Overball diam. max 26 cm.

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Softgym Overball diam. max 26 cm. It is a soft, light and resistant ball that allows you to perform a wide range of exercises from muscle strengthening exercises to light excercises. Due to its elasticity and resistance is ideal for many isometric exercises, activities with children and elderly people, used in pre and post natal classes shall also be included in the Pilates method. The Softgym Overball allows you to perform also in different from the common and helps to highlight some key components such as: concentration, control, relaxation, coordination and breathing. Easily inflatable mouth, can be folded and carried along anywhere. The package included a brochure with some sample exercises. Inflate according to the softness and elasticity required by the type of exercise. The straw is included in the box for easy inflation.