

Medicine Ball With Handles

SKU: **See variants**



Designed for dynamic strength and functional training, our double grip medicine balls combine the versatility of a traditional med ball with added handles for improved control and heavier lifts. Perfect for explosive movements, they help develop core strength, coordination, joint stability, and flexibility through an unrestricted range of motion. Ultra-durable rubber coating for long-lasting use
Dual grip handles for enhanced control and lift stability
Textured, non-slip surface for confident handling
Even weight distribution for consistent performance
Colour coded for quick weight identification
Available in 1kg to 10kg incr...



Technical Specifications

Length / Depth	30 cm
Height	30 cm
Width	30 cm

Available Variants

Option	SKU	Weight
3 kg	GG-DGMEDB-003	3 kg
4 kg	GG-DGMEDB-004	4 kg
5 kg	GG-DGMEDB-005	5 kg
6 kg	GG-DGMEDB-006	6 kg
7 kg	GG-DGMEDB-007	7 kg
8 kg	GG-DGMEDB-008	8 kg
9 kg	GG-DGMEDB-009	9 kg
10 kg	GG-DGMEDB-010	10 kg

