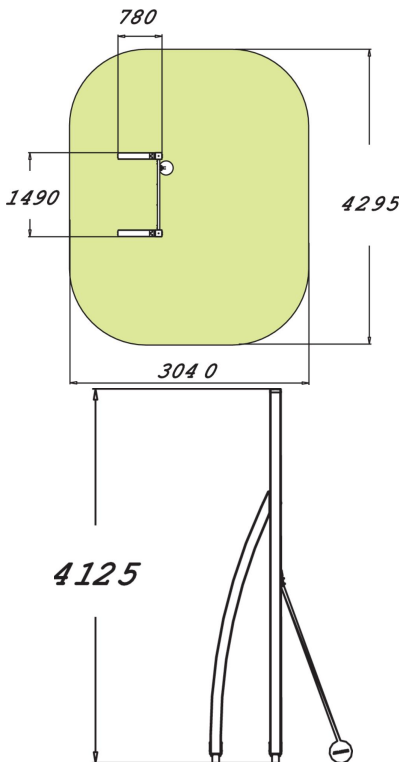


MEDICINE BALL THROW



The Medicine Ball Throw is a 4,130 mm vertical wall with a ball attached to a rope. The ball can be thrown at the wall in many ways: from the side of the body, from between the legs or from straight in front. The effectiveness of forward throws can be boosted by holding the ball from underneath and squatting before each throw. The ball can also be used as an additional weight for exercises such as squats, without throwing it. Experienced exercisers can do hand stands or hand stand push-ups against the wall. Ball-throwing accelerates the respiratory and circulatory systems and strengthens the whole body's muscular fitness.



Product length, mm	780
Product width, mm	1490
Product height, mm	4125
Height required, mm	4125
Safety info	EN 16630 TÜV
Installation time (for 1), H	4
Foundation options	deep_mounting surface_mounting