

Pilates Ball With Massage Action BF7683




Total-body conditioning, targeting core muscles, with the benefits of massage! Soft, relaxing massage points on the ball provide relaxing stimulation during your regular workout. Increase your flexibility and relieve tensions. Try rolling your feet on ball for relaxing massage at the end of the day. A must-have, the massage ball is ideal for all fitness levels!

- Fitness Guide Included.
- Two-Way action pump included.

 **DOWNLOAD
FITNESS GUIDE**

 **PRINT
PRODUCT SHEET**



 The Surgeon General has determined that everyone should get 30 minutes of moderate physical activity five days of the week.™

- Always consult a physician before performing any physical activity.
- No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of using this product.