



MSD AB Gym Balls MSD Ball Accessories

Total body gym product

Characteristics

Function	The MSD AB Gym Ball increases flexibility, improves strength and fitness, your balance, posture, flexibility and back health. Exercising with this ball also enhances your balance and coordination.
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Technical specifications

Productgroup	Gym & Fun Products
Composition	Anti Burst P.V.C.

Storage conditions

Duration of storage	Valid for 3 years from date of manufacture
Storage	Store in cool, dry place, avoid excessive heat (40° C.)
Cleaning	Rince easily with water and soap

Product overview

Picture	Art.Nr	Description	Package	Weight Package	Dimensions L x W x H	
	MSD AB Gym Balls + Faste Blaster Pump					
	MSD 7389	Yellow	45 cm	1 set / box	1,15 kg	30 x 40 x 16 cm
	MSD7396	Red	55 cm	1 set / box	1,33 kg	30 x 40 x 16 cm
	MSD7402	Green	65 cm	1 set / box	1,61 kg	30 x 40 x 16 cm
	MSD7419	Blue	75 cm	1 set / box	1,90 kg	30 x 40 x 16 cm
	MSD7426	Black	85 cm	1 set / box	2,08 kg	36 x 16 x 21 cm
	MSD7433	Silver	95 cm	1 set / box	2,65 kg	36 x 16 x 21 cm
	MSD7440	Gold	120 cm	1 set / box	3,06 kg	36 x 16 x 21 cm
MSD Ball Accessories						
	50059	Ball Stabilizer	1 piece / each	0,04 kg	Ø 49 cm	
	86021	Ball Stacker	3 pieces / sac	0,64 kg		
	50069	Needle Pump	1 piece / sac	0,04 kg	16,5 x 4,5 cm	
	51001	Foot Pump	1 piece / sac	0,065 kg	14 x 8 cm	
	51005	Faster Blaster Pump	1 piece / sac	0,12 kg	24 x 5 cm	
	51006	Hand Pump Profi	1 piece / each	0,86 kg	38 x 22 cm	

Application

Safety Precautions

Use the MSD Band only after consulting a trained licensed healthcare professional.

Warm up

There is nothing more important for the blood circulation than a good warm up.

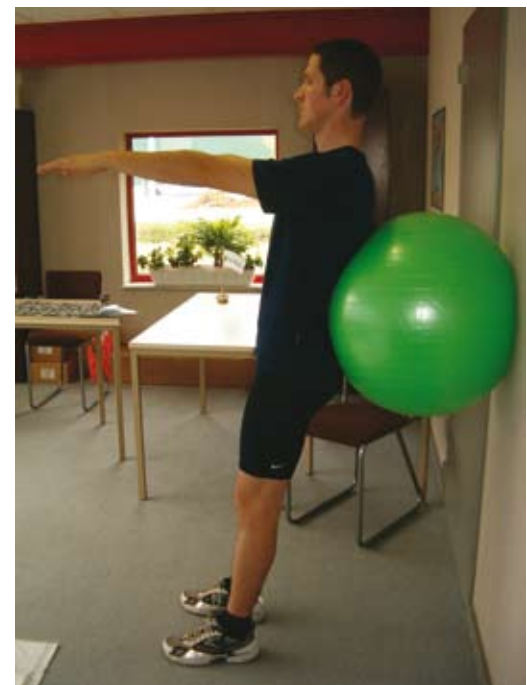
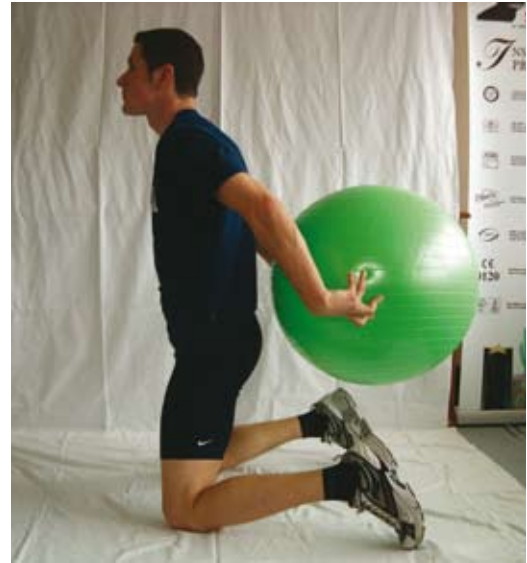
A good warm up will spare you from serious muscle injuries.


Start with 5 minutes running and make sure that all your muscles are supple before you start.

following exercise



Exercises



Special items	
Customs code	9021.9090
Country of origin	China MSD Europe is the authorised European Representative.
	This product has been manufactured according to CE-mark regulations.
Revision number	PI-MSD AB Gym Balls (04.2008)
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