



MSD Soft-Over-Ball

Pilates, Gym & Fitness Training

Characteristics

| | |
|----------|---|
| Function | <p>The MSD Soft-Over-Ball is a 26 cm inflatable ball used for resistance work in Pilates and other mat fitness programs. It is a wonderful tool for adding focus and energy to your workouts.</p> <p>In addition, it can be used as a soft prop under the head, neck, feet, back,...</p> <p>Young children breathing can be improved by inflating the ball. Pleasant use.</p> |
|----------|---|

Technical specifications

| | |
|--------------|--------------------|
| Productgroup | Gym & Fun Products |
| Composition | P.V.C. |

| Art.Nr | Description | Package | Weight Package | Dimensions L x W x H |
|---------|--------------------|---------------|----------------|----------------------|
| MSD-26A | MSD Soft-Over-Ball | 1 piece / sac | 0,13 kg | 15 x 40 x 1 cm |

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 |

Application

Safety Precautions

Use the MSD Soft-Over-Ball 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.

You can also do the following exercises:



Exercises



| Special items | |
|---|--|
| Customs code | 9506.6290 |
| 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 Soft-Over-Ball (04.2008) |
| MSD Europe bvba Neringstraat 7 1840 Londerzeel Belgium Tel. +32 52 311 452 Fax. +32 52 311 450 info@msd-europe.com www.msd-europe.com | |