

Bally Exercise Ball BF7629




People across the country are "on the ball" to tone, trim and tighten abdominal, lower back and leg muscles. And now you too can get, and keep, your entire body in shape with the Bally Exercise Ball, you target the muscle groups, including glutes, obliques, abs and quads. It supports and cushions your body, and maximizes your work out to help you achieve a firmer, fitter, and more-defined lower body and torso. For pro-rated, beginner-to-advanced results, follow the illustrated exercise poster.

- Ball inflates up to 22".
- Comes with complete and easy to follow "WALL CHART."
- Two-Way action pump for faster inflation.



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 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.