

# medicine balls



exercise

## CanDo® dual handle medicine balls



- for abdominal strengthening, rotational movement and upper and lower body strength training
- two soft-grip handles are easy to grip with one or two hands
- each ball is 9" / 23 cm diameter
- color-coded to indicate weight



	weight (lb / kg)		
yellow	6 / 2.7	10-3180	45.00
red	12 / 5.5	10-3181	60.00
green	18 / 8.2	10-3182	75.00
blue	24 / 10.9	10-3183	90.00
black	30 / 13.6	10-3184	105.00
yel red grn blu blk set		10-3185	355.00

## CanDo® rubber medicine balls



- textured surface for easy grip
- color-coded for easy identification
- constructed with rubber to bounce

use with  
**Rebounders**  
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	weight (lb / kg)	diameter (inch / cm)		
tan	1 / 0.45	8 / 20.3	10-3140	15.00
yellow	2 / 0.9	8 / 20.3	10-3141	17.50
red	4 / 1.8	8 / 20.3	10-3142	25.00
green	7 / 3.2	9 / 22.9	10-3143	35.00
blue	11 / 5.0	9 / 22.9	10-3144	47.50
black	15 / 6.8	10 / 25.4	10-3145	62.50
silver	20 / 9.1	11 / 27.9	10-3147	82.50
gold	30 / 13.6	27.9 / 11	10-3148	102.50
yel red grn blu blk set (2, 4, 7, 11, 15 lb)			10-3146	175.00

## molded handle medicine balls



### CanDo® 2 handle medicine balls

- medicine ball with 2 handles offers functional, diverse training
- provides more secure, comfortable hold and durability for intense training conditions



		weight (lb / kg)			weight (lb / kg)		
tan	10-3280	6.6 / 3.0	50.00	blue	10-3284	15.4 / 7.0	80.00
yellow	10-3281	8.8 / 4.0	57.50	black	10-3286	17.6 / 8.0	85.00
red	10-3282	11.0 / 5.0	65.00	silver	10-3287	19.8 / 9.0	90.00
green	10-3283	13.2 / 6.0	72.50	gold	10-3288	22.0 / 10.0	97.50
yel red grn blu blk	10-3285	5 pc set (1 ea: 6.6, 8.8, 11, 13.2, 15.4 lb)					305.00

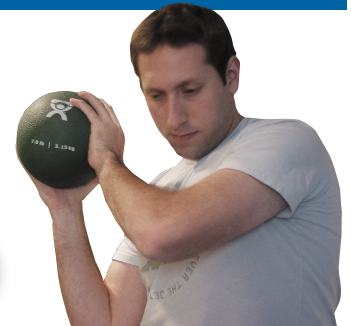
### CanDo® one handle medicine balls

- single handle ball is made of durable, rubber shell with sand filler
- removable plug allows you to add or remove weight to meet training programs



		weight (lb / kg)			weight (lb / kg)		
tan	10-3290	2 / 0.9	10.00	black	10-3296	12 / 5.5	22.50
yellow	10-3291	4 / 1.8	12.50	silver	10-3297	15 / 6.8	27.50
red	10-3292	6 / 2.7	15.00	gold	10-3298	18 / 8.2	32.50
green	10-3293	8 / 3.6	17.50	purple	10-3299	20 / 9.1	37.50
blue	10-3294	10 / 4.6	20.00				
yel red grn blu blk	10-3295	5 pc set (1 ea: 2, 4, 6, 8, 10 lb)					62.50

## CanDo® P.T. pliable medicine balls



- textured tactile surface is easy to grip and catch
- increase/decrease air in ball to enhance grasp
- use for upper body rehabilitation and fitness exercises

		weight (lb / kg)	diameter (inch / cm)		
tan	10-3170	1 / 0.45	5 / 12.7	10-3170	12.50
yellow	10-3171	2 / 0.9	5 / 12.7	10-3171	15.00
red	10-3172	4 / 1.8	5 / 12.7	10-3172	20.00
green	10-3173	7 / 3.2	7 / 17.8	10-3173	30.00
blue	10-3174	11 / 5.0	7 / 17.8	10-3174	42.50
black	10-3175	15 / 6.8	9 / 22.9	10-3175	57.50
silver	10-3177	20 / 9.1	9 / 22.9	10-3177	75.00
gold	10-3178	30 / 13.6	9 / 22.9	10-3178	95.00
yel red grn blu blk set (2, 4, 7, 11, 15 lb)	10-3176			10-3176	155.00