

paznor1st.com

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## Exercise Ball (360 Athletics)

\$29.95

### What is it used for?

1. Can include increase of balance and proprioceptive feedback, aid in strengthening and stretching program, postural control and back strengthening as well general exercise programs

### Why 360 Exercise Balls?

1. Constructed of a stronger material that keeps its shape longer than other balls on the market
2. Anti Burst design provides safe environment
3. Easy to care for and portable

### Sizing Notes

1. Ball Should be pre-inflated and let sit at room temperature for half an hour to acclimatize.
2. Adjust air levels to desired levels after accommodation
3. Use on clean, flat, smooth surface
4. Exercise Balls come in three sizes

### Sizing Chart

5â€™™1â€™• â€™“ 5â€™™6â€™•	55 cm
5â€™™7â€™• â€™“ 6â€™™1â€™•	65 cm
6â€™™2â€™• â€™“ 6â€™™7â€™•	75 cm

[Vendor Information](#)

