



A medicine ball (also known as an exercise ball, a med ball, or a fitness ball) is often used for rehabilitation and strength training as it serves an important role in the field of sports medicine. Medicine ball training is one of the oldest forms of strength and conditioning training – the first reference to wrestlers training with sand filled bladders appears in Persia nearly 3000 years ago. In ancient Greece the physician Hippocrates had his patients throw them back and forth for injury prevention and rehabilitation.



Reference	Description	Ø	Unit
06-000301	Mambo Medicine Ball rack (6 balls)		1 pc
06-030103	Mambo Medicine Ball - 1 kg	20 cm	1 pc
06-030104	Mambo Medicine Ball - 1,5 kg	20 cm	1 pc
06-030105	Mambo Medicine Ball - 2 kg	20 cm	1 pc
06-030107	Mambo Medicine Ball - 3 kg	22 cm	1 pc
06-030108	Mambo Medicine Ball - 4 kg	22 cm	1 pc
06-030109	Mambo Medicine Ball - 5 kg	27 cm	1 pc



Mambo Max SoftMeds are color coded hand weighted balls that are small and flexible enough to grasp with one hand, yet big enough to hold with both hands. The soft, pliable vinyl cover makes it easy to hold and is a safe and effective way to add weight training to your workout. Mambo Max SoftMeds are fully inflated and ready to use, straight out-of-the box. When needed, air pressure can be adjusted with a needle pump.



Ø 12 cm

Reference	Weight	Description	Unit
06-040102	0,5 kg	Mambo SoftMeds Tan	1 pc
06-040103	1 kg	Mambo SoftMeds Yellow	1 pc
06-040104	1,5 kg	Mambo SoftMeds Red	1 pc
06-040105	2 kg	Mambo SoftMeds Green	1 pc
06-040106	2,5 kg	Mambo SoftMeds Blue	1 pc
06-040107	3 kg	Mambo SoftMeds Black	1 pc

The Mambo Max Dumbbells are cast iron dumbbells, coated with vinyl or neoprene. The vinyl coating is easy washable or can be treated with a waterbased disinfectant. The neoprene coating has an added resin to give them a scrubby feel and superior grip. Available in 7 weights with matching colour code. The Dumbbell Rack holds 6 Dumbbells.



Description	Weight	Vinyl	Neoprene	Unit
Mambo Dumbbell	0,5 kg	06-010102	06-010202	pair
Mambo Dumbbell	1 kg	06-010103	06-010203	pair
Mambo Dumbbell	1,5 kg	06-010104	06-010204	pair
Mambo Dumbbell	2 kg	06-010105	06-010205	pair
Mambo Dumbbell	3 kg	06-010107	06-010207	pair
Mambo Dumbbell	4 kg	06-010108	06-010208	pair
Mambo Dumbbell	5 kg	06-010109	06-010209	pair
Dumbbell rack (6 dumbbells)	n/a	n/a	n/a	1 pc

To quickly build stamina and muscle, simply add Mambo Max Wrist and Ankle Weights to your workout. They effectively shape and tone your body and can be worn anywhere. Sport them around the office, out shopping or at the gym. Eventually, your body will adjust to running, walking and living with this extra weight.



Reference	Description	Unit
06-020102	Mambo Wrist & Ankle Weights - 0,5 kg	pair
06-020103	Mambo Wrist & Ankle Weights - 1 kg	pair
06-020104	Mambo Wrist & Ankle Weights - 1,5 kg	pair
06-020105	Mambo Wrist & Ankle Weights - 2 kg	pair
06-020107	Mambo Wrist & Ankle Weights - 3 kg	pair
06-020108	Mambo Wrist & Ankle Weights - 4 kg	pair
06-020109	Mambo Wrist & Ankle Weights - 5 kg	pair

