



STP FITNESS™

STRENGTH TRAINING PERFORMANCE

D balls are used by a vast number of athletes across a variety of fitness disciplines. D balls help train for speed, accuracy, power, mobility, and range of motion, which make them ideal training tools for some of the world's fittest athletes. Men, women, and even children can benefit from medicine ball training on many levels, including coordination, speed, agility, and power.

Who Uses D Balls

Anyone that requires a fitness or performance level that incorporates agility and speed coupled with strength can effectively train with D balls. D balls allow you to avoid injury by training awkward and unfamiliar positions. They are a key for gradual strength and movement after surgery, especially shoulder. Examples of groups that have benefited from D ball training include:

- High School and Collegiate Sports Teams
- Functional Fitness Gyms and Professional Sports Teams
 - CrossFit Gyms
 - UFC Gyms
 - Athletes from many disciplines, including football, basketball, baseball, soccer and swimming
 - Fire Departments
 - Military and Law Enforcement
 - Search and Rescue Teams
 - Physical Therapy
 - Rehabilitation Centers
 - Yoga centers



D Ball
BY MONDO



The Yoga clients are now using the 3.75" Balls for weighted stretching, "holding" strength moves and rotational warm ups in options of pink, yellow or black. Larger and heavier diameter general seated ab work as well. one size or mix and match for sell them to your members as us for a delivered quote.

ups in options of pink, yellow or balls are great for squats and Studios can opt. to buy all total class use or you can well. Feel free to contact



D-Balls “Slugs” are a great new way of carrying weight over distance. They have a great feel, balance and are a durable addition to any gym or sports team. Available in 50, 60, 70, 80, 90, 100, 125, 150lb. weights in black only.

D=Ball
BY MONDO

