



14,257

Sports & Outdoors > Sports & Fitness > Exercise & Fitness > Accessories > Medicine Balls

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ZENY 10LB Medicine Ball Weighted Toning Ball Exercise Ball for Strength Training Balance Training and Muscle Build, Heavy Workout Ball for Yoga Pilates, Fitness Equipment

Brand: ZENY
 ★★★★★ 61 ratings

Price: **\$32.99** & **FREE Shipping**
 Coupon Save an extra 5% when you apply this coupon.
[Details](#)

Get \$50 off instantly: Pay \$0.00 ~~\$32.99~~ upon approval for the Amazon Rewards Visa Card. No annual fee.

Sport Type	Exercise & Fitness
Color	Blue
Material	Rubber
Target Audience	Women
Item Diameter	9.4 inches

About this item

- **HIGH QUALITY SOLID RUBBER BALL** - The rubber material makes the medicine ball a great option for fitness enthusiasts that love to do medicine ball exercise. Whether you're beginner or advanced athletes, the medicine ball will help to develop power and improve conditioning
- **TEXTURED SURFACE** - The weighted exercise ball features textured surface, increasing the friction of grasping and providing an easy solid grip during your workout
- **10lb Medicine Ball** - 10lb weight and 9 inches diam. Great for for upper- and lower-body exercises. When you are training, you should pay attention to choosing the medical ball at your start according to the weight you can load. As training increases, you can increase the weight of the exercise ball and improve your physical fitness according to your personal situation
- **GYM GRADE FITNESS BALL** -- Rubber medicine ball is a classic fitness tool that has been used for fitness, pilates and rehabilitation. Increase flexibility and balance of whole body muscles
- **HOME GYM EXERCISE BALL** - We fully stand behind our products. If you have any problems with our medicine ball, please contact us directly. Best solution will be offered

There is a newer model of this item:

ZENY Medicine Ball 12lb Weighted Exercise Ball with Textured Grip Home Gym Fitness Core Strength Training Workout Equipment Improve Balance Flexibility
\$23.49
 ★★★★★ (1)
 In Stock.

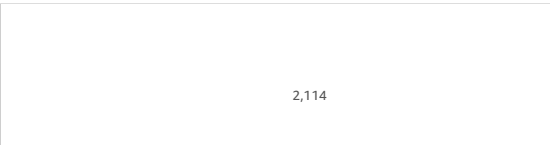
\$32.99
 & **FREE Shipping**
 Arrives: **Feb 10 - 16**
In Stock.
 Qty: 1
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Secure transaction
 Ships from **ZENY Direct**
 Sold by **ZENY Direct**
Deliver to Wilmington 19801

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379

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2,114

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Subtotal
\$54.99



Frequently bought together



Total price: **\$165.93**

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- This item:** ZENY 10LB Medicine Ball Weighted Toning Ball Exercise Ball for Strength Training Balance Training... **\$32.99**
- Fit Simplify Resistance Loop Exercise Bands with Instruction Guide and Carry Bag, Set of 5 **\$12.95**
- Bosu Balance Trainer Sporting goods **\$119.99**

Products related to this item

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Exercise Ball 100cm, Big Yoga Ball with Pump, Stability Fitness Ball for Birthing &... ★★★★☆ 3 \$28.88 ✓prime	Yes4All Soft Weighted Toning Ball / Soft Medicine Sand Ball – Great for Exercise, W... ★★★★☆ 1,509 \$10.96 ✓prime	DEVEBOR Half Balance Ball Trainer with Pump Yoga Exercise Ball forYoga Fitness Home... ★★★★☆ 1 \$59.99 ✓prime	25.5" Exercise Ball ,Yoga Ball, Balance Ball for Pilates, Yoga, Birthing, Stability... \$16.99 ✓prime	Yoga Ball Professional Balance Ball(55-65cm) with Extra Pilates Exercise Ball for S... ★★★★☆ 88 \$14.99 ✓prime	Mini Exercise Ball with Pump - 9 Inch Bender Ball for Stability, Barre, Pilates, Yo... ★★★★☆ 1,345 \$14.95 ✓prime	Creatop Balance Trainer 23" Exercise Ball with Resistance Bands, Balance Ball for S... \$59.99 ✓prime

4 stars and above

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ProsourceFit Soft Medicine Ball - Blue/14 lb ★★★★☆ 451 \$48.00 ✓prime	Yes4All Soft Weighted Toning Ball / Soft Medicine Sand Ball – Great for Exercise, W... ★★★★☆ 1,509 \$10.96 ✓prime	Mini Exercise Ball with Pump - 9 Inch Bender Ball for Stability, Barre, Pilates, Yo... ★★★★☆ 1,345 \$14.95 ✓prime	Nice C Balance Ball Balance Trainer, Half Ball with Resistant Band, Strength Exerci... ★★★★☆ 1,019 \$71.99 ✓prime	Yoga Ball Professional Balance Ball(55-65cm) with Extra Pilates Exercise Ball for S... ★★★★☆ 88 \$14.99 ✓prime	TheraBand Soft Weight, 4.5" Diameter Hand Held Ball Shaped Isotonic Weighted Ball f... ★★★★☆ 98 \$97.20 ✓prime	Timberbrother Exercise Ball Chair with Workout Poster Yoga Ball Chair with Resistan... ★★★★☆ 797 \$34.99 ✓prime

Have a question?

Find answers in product info, Q&As, reviews

Q Type your question or keyword

Subtotal \$54.99



Product description

Medicine ball is also called weight toning ball and fitness ball. Medicine balls are great addition to your free weight set or a replacement for free weights, offering more work out options than traditional hand held free weights. In addition to strengthening the core muscle group, it can also improve muscle endurance, explosive force, coordination or basic physical fitness. Medicine balls are great for exercising with a partner, with medicine balls easy to grab and throw back and forth. It is a suitable training tool for men, women, old and young. The most important thing is that medicine balls can be integrated into all kinds of fitness exercises to add a lot of fun to boring training. A great addition for a home gym

Advantage of using medicine ball:

Improve the explosive power and control power of core parts of body. Build your stabilizing muscles, shaping the body at the same time will also improve the speed of movement and body stability.

Suitable for all people, men and women, old and young. It is often used for strength training of fitness enthusiasts, explosive training of basketball players, muscle training of boxers, injury training of patients and rehabilitation training.

Package Contents: 1 Medicine Ball
Weight: 10 pound
Diam: 9 inches

Product details

Package Dimensions : 10 x 10 x 10 inches; 10 Pounds

Department : Unisex-Adults

Date First Available : February 6, 2020

Manufacturer : ZENY

ASIN : B084KP77KR

Best Sellers Rank: #162,826 in Sports & Outdoors (See Top 100 in Sports & Outdoors)
#117 in Medicine Balls

Customer Reviews:

★★★★★ 61 ratings

Videos

Page 1 of 2

Videos for related products

Grid of video thumbnails including 'The 10 Best Medicine Balls', 'Best Medicine Ball - Top 5', 'The 10 Best Slam Balls', 'How to Do the Skull Crusher Exercise for an Arm Workout', 'Bionic Body Soft Medicine Ball', and 'The Fir Kit'.

Upload your video

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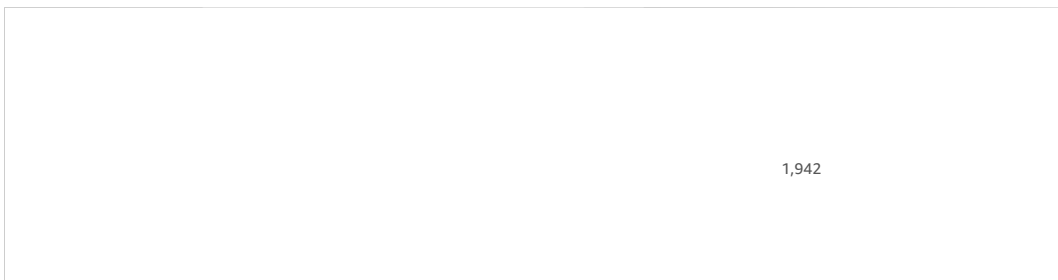


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★★★★☆ 1,345
\$14.95 ✓prime

Subtotal
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1,942

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Customer questions & answers

Have a question? Search for answers

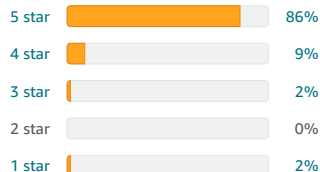
0 votes

Question: Can this ball be slammed?
Answer: Like. Bounced off the floor ?
Yes
By Kaylee on September 10, 2020
[See more answers \(1\)](#)

Customer reviews

★★★★★ 4.8 out of 5

61 global ratings



[How are ratings calculated?](#)

By feature

Stability ★★★★★ 4.8
Sturdiness ★★★★★ 4.8

Top reviews

Top reviews from the United States

Kaylee

★★★★★ **It's a good ball**

Reviewed in the United States on June 9, 2020

[Verified Purchase](#) | [Early Reviewer Rewards \(What's this?\)](#)

It does the job . It's been lifted , bounced, dropped, sat on and thrown. It's exactly 10 lbs . And has good grub for sweaty palms. No problems what's so ever

Helpful | Report abuse

Ashley N. Kline

★☆☆☆☆ **Stupid Expensive**

Reviewed in the United States on June 26, 2020

[Verified Purchase](#) | [Early Reviewer Rewards \(What's this?\)](#)

Durability ★★★★★ 4.8

Review this product

Share your thoughts with other customers

Write a customer review

1,563

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I accidentally bought this instead of the prime ball and they won't let me return it. Please don't spend this much on a medicine ball because it is ridiculous

One person found this helpful

Helpful | Report abuse

bedgsmith

★★★★★ Great stable medicine ball

Reviewed in the United States on June 7, 2020

Verified Purchase | Early Reviewer Rewards (What's this?)

Great product! My teenage sons use it for their P90X workouts.

Helpful | Report abuse

AmazonCustomer

★★★★★ Awesome

Reviewed in the United States on June 26, 2020

Verified Purchase | Early Reviewer Rewards (What's this?)

Awesome 10lb ball for workouts!

Helpful | Report abuse

Michi321

★★★★★ Perfect for beginners

Reviewed in the United States on June 13, 2020

Verified Purchase | Early Reviewer Rewards (What's this?)

Has a great bounce, which is what I was looking for.

Helpful | Report abuse

Paul H. Rydlund

★★★★★ Easy to grasp

Reviewed in the United States on April 24, 2020

Verified Purchase

Exercise

Helpful | Report abuse

See all reviews >

Subtotal \$54.99



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2,792

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Amazon Assistant
Help

Subtotal
\$54.99



English

United States

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