



CODE: VIMPSBW

V.I.P SPORTS 28CM VINYL SPEEDBALL

V.I.P SPORTS OFFERS YOU THE CHANCE TO FACE THE CHALLENGE OF TRAINING WITH THE V.I.P SPORTS 28CM VINYL SPEEDBALL.

The V.I.P SPORTS Speedball enables you to increase your stamina, fitness, co-ordination and endurance rate.

The benefits of training at home or at the office will soon be evident to you and your trainer as your rhythm and co-ordination skills improve rapidly with the extra training.

Always remember to warm up before any exercise routine.

Non-boxers should not do more than 3 rounds per session to begin with then increase your exercise routine as your stamina and fitness improves or as your trainer suggests.

TRAINING TIPS

- Set Up - the bottom of the Speedball should be level with the tip of your nose.
- Strike the Speedball with the front of the knuckles and the back of the hand, returning the hand to the tip of your nose.
- Rhythm and timing are an essential key to this exercise.
- Consistent use of Speedball will strengthen and tone your upper body and gives your body a complete cardiovascular workout.

SPEEDBALL CARE INSTRUCTIONS

- Do not over inflate the bladder.
- Use a damp cloth and mild detergent to clean.
- Remove any jewellery prior to using the Speedball.
- Mittens should be used for protection of the hands.
- Check that all components have been adjusted and tightened.

