



- Ideal for Users 5'3" to 5'11"
- Foot Air Pump Included
- Exercise Guide



I Want To...



Cardio



Core



Strength



Balance



Flexibility



Endurance

65 CM BODY BALL

BOLA SUÍÇA DE 65 CM

Golds Gym Exercise Ball Guide

Lingjun Ying

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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