

## Med Ball Target

Divided into three training zones (low, mid and high), the optional med ball target can be used with slam balls and a wide variety of med balls to enhance power training programs and offer program variety.



TECH SPECS	
PRODUCT WEIGHT	50 kg / 110 lbs
SHIPPING WEIGHT	58.5 kg / 129 lbs
OVERALL DIMENSIONS (L X W X H)	193 x 86 x 13 cm / 76" x 34" x 5"