



Medicine Ball Product Guide

There are many product options if you are considering to add a Medicine Ball to your fitness arsenal. I wanted to provide you with a few things to consider to help you choose best for your needs and wants. I am a believer in simplicity when it comes to stability, resilience, strength and products to promote their development. In my opinion, the Medicine Ball is an essential implement for any strength development. After destroying several over the years, here are considerations so you only buy a medicine ball once if that's important to you.

Product Guide:

If your focus is centered around hand comfort and indoor use, these are good soft options that will be easy on your hands and interior walls. These will need to be replaced but will generally last a few years.

- <https://www.xtrainingequipment.com/Wallballs?r=dm>
- <https://www.power-systems.com/shop/product/dynamax-mini-medicine-ball>

If your focus is on the ball's longevity and you plan on higher dynamic work like throwing the ball against an exterior brick, stone, concrete or pavement then the rubberized balls are the way to go. If you are a serious golfer, tennis player, skier, or tend to be into dynamic sports then I recommend these. Short of burning them or leaving outside all year long, these will last.

- <https://www.power-systems.com/shop/product/elite-power-medicine-ball-prime>

Bonus Product Recommendation:

<https://www.vivehealth.com> Balance Pad SKU: RHB1050SBLU