

SLAM BALL

Product name - Slam ball

color - customized

size - customized

Brand name - HRM



A slam ball is a heavy-duty, sand-filled exercise ball with a thick rubber shell designed specifically for "dead bounce" impact, making it ideal for high-intensity, overhead throwing exercises. It builds explosive power, core strength, and cardiovascular endurance, typically featuring a textured surface for superior grip during full-body workouts

The outer surface of a slam ball is usually made from thick rubber with a textured grip. This textured surface helps users maintain control during fast or sweaty workouts. Slam balls come in different weights, typically ranging from 2 kilograms to more than 30 kilograms, allowing beginners and advanced athletes to select the appropriate resistance level. Lighter slam balls are suitable for speed and conditioning exercises, while heavier ones focus more on strength and power development

Slam ball workouts are often included in high-intensity interval training (HIIT) routines because they increase heart rate quickly and combine cardiovascular conditioning with strength training. Repeated slamming actions require explosive energy, which helps develop power and coordination. Athletes in sports such as football, basketball, martial arts, and athletics use slam ball exercises to improve speed, reaction time, and total-body strength. The explosive movement also enhances fast-twitch muscle fiber activation, which is important for jumping, sprinting, and rapid directional changes

