



CORE DOME

The unstable surface engages key muscle groups that will help you stabilise through your core, whilst its versatile design accommodates various exercises including resistance training, push-ups, and plyometrics.

FEATURES

- ✓ Instability Training: Enhances balance, core strength, posture
- ✓ Full-Body Engagement: Activates key muscles and joints
- ✓ Versatile Usage: Supports diverse exercise types
- ✓ Reversible Design: Adjustable surfaces for instability training
- ✓ Durable Construction: Anti-burst PVC with textured grip
- ✓ Compatible with the Powertube Mini range for an instability + resistance routine!

SKU: **CD2**

