



NBR RHINO® SLAM MEDICINE BALL



Comes in 4, 8, 10, 12, 15 and 20 lb

Features:

- No-bounce design provides a soft feel designed for slamming during strength training or for use with a rebounder
- Textured shell offers superior grip and comfort during intense workouts
- Rhino Skin® shell offers exceptional durability throughout regular use

Designed for strength training, slamming, or use with a rebounder, the Champion Sports Rhino® SlamBall features a soft, no-bounce construction with the feel of a gel-filled medicine ball.

Rules of SlamBall:

- Teams consist of four players who will fill three different positions: The stopper will solely play defense and defend their net at all costs, the handler who acts as the quarterback and runs plays on the court, and the gunner who will be the leading offensive weapon. There can be any combination of these players on the court, so long as all three positions are filled.
- Each game begins with a face-off, where players will line up on their end of the court and sprint to the ball at the center of the court. Hard contact usually results from face-offs.
- To encourage exciting plays, three points are awarded to dunks and shots beyond the arc, with only two points awarded to jump shots.
- Unlike basketball, players in SlamBall are allowed to goaltend -- or snatch the ball out of the air in mid-flight.
- Games are divided into four, six-minute quarters with a 10-minute halftime.
- To encourage a fast pace of play, there is only a 15-second shot clock in SlamBall.
- In the event of a tie, a game will go into overtime with an additional face off.

SlamBall Workouts:

- A SlamBall Workout builds muscle and fights stress.
- It is important to control the movements and brace your core throughout the SlamBall exercises to protect the lower back. For standing movements, keep the knees soft and not locked and control your breathing to avoid holding your breath.

The following guidelines should be observed when using the Rhino® Slam Medicine Ball:

- Inspect the ball for damage before each use. Do not use if damaged.
- This product is not to be modified or altered in any manner. Any such modification or alteration may affect the integrity and safety of the product and result in a greater risk of injury.
- Neither manufacturer nor distributors assume liability for personal injury, accidents or damage that may occur or result in the use or misuse of this product.
- Always consult with your physician before participating in any physical activity.

Warnings:

- All exercises should be performed in an open isolated area under proper supervision.
- Failure to heed disclaimer and/or warning may result in injury.