



FIG approved 400g rhythmic gymnastics ball



Product features:

Material: silicone Compound

Product weight:

Certifications: FIG

Diameter: 18,2 cm

Product description:

FIG approved 400 gram rhythmic gymnastics ball The rhythm ball is an apparatus used in rhythmic gymnastics , a sport that combines elements of dance, acrobatics and manipulation of apparatus. The rhythm ball is one of the five standard tools used in this discipline, the other four being the rope, the pole, the clubs and the ribbon.

During a calisthenics routine, **female athletes perform a series of choreographed movements, manipulating the ball in creative and artistic ways.** They can throw, catch, throw again, roll and balance the ball on their body while moving smoothly and gracefully on the plate.

Rhythmic gymnastics is a sport that requires considerable technical skill, strength, flexibility, grace and coordination. Gymnasts must perform choreographed routines that skillfully integrate the use of the rhythm ball with elements of dance and acrobatics. This sport is particularly appreciated for its artistic component and for the creativity of the athletes' performances.

Weight and diameter vary depending on the **specific rules of the competition and the age of the gymnasts.**

Specifically, this model is **made of silicone compound** , a light and long-lasting material, **has a weight of 400g**, a diameter of 18.2, and is **equipped with FIG approval** , therefore configuring itself as a tool **suitable for competitions of all levels.**

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