



Rhythmic gymnastics ball weighing 350 grams



**Product features:**

Material: Cross-linked synthetic rubber

Product weight:

Diameter: 19 cm

**Product description:**

**Rhythmic gymnastics ball weighing 350 grams** 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 cross-linked synthetic rubber, completely non-toxic and with high grip**.

**It weighs 350 grams and has a diameter of 19 cm** . This is a perfect ball for **school use and teaching**.

**The color is sent according to availability. For specific requests, please use the "notes" field of your order"**