

A woman with dark hair, wearing a black and pink athletic top, is holding a large, white and blue exercise ball with both hands. The ball is labeled 'SPHERA2.0' and '2.0 MADE IN ITALY'. The background is a blurred indoor setting, possibly a gym or studio, with wooden floors and railings.

SPHERA2.0
2.0 MADE IN ITALY

SPHERA2.0

The water- and air-filled exercise ball

Train From Anywhere

With SPHERA2.0, every workout is a unique challenge.

The water inside the SPHERA2.0 physio ball shifts as you move through your exercise, causing a dynamic effect that requires your muscles to continually adjust—helping you focus on correct form.

Available in weights from 1.1 lb. (0.5 kg) to 11.0 lb. (5.0 kg), SPHERA2.0 is ideal for everyone – from athletes to physical therapy patients; for sports, fitness, or rehabilitation; from warmup to workout.



SPHERA2.0

MADE IN ITALY

Build Strength and Stability

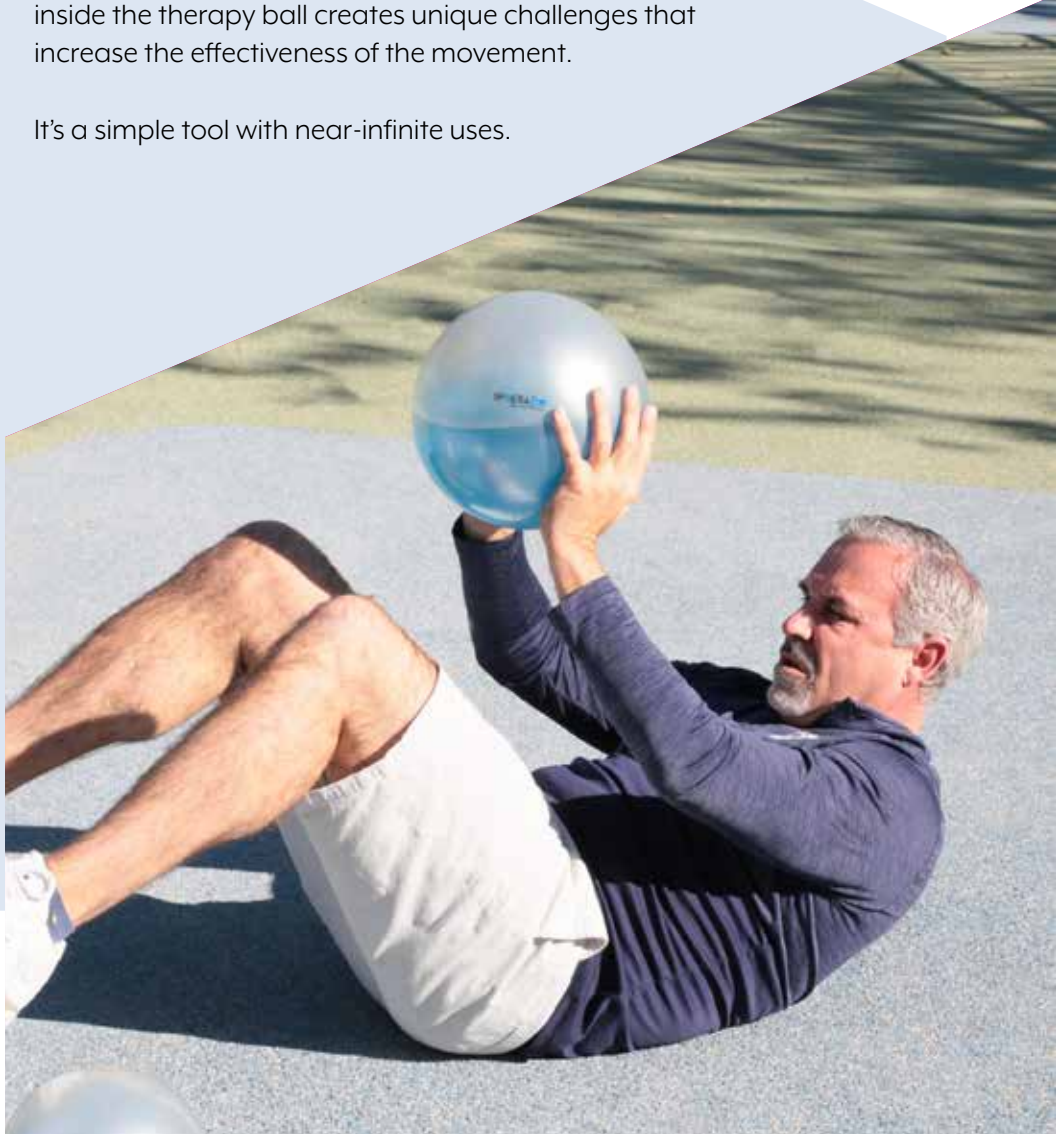
SPHERA2.0 helps to build strength and increase stability in the arms, legs, and core. The shifting water inside the therapy ball creates unique challenges that increase the effectiveness of the movement.

It's a simple tool with near-infinite uses.



Train at Home

SPHERA2.0 is ideal for home workouts. Compact and multi-functional, it serves many purposes. Whether you're looking to build muscle or recover after an injury, the SPHERA2.0 physio ball is a versatile tool to help you achieve your goals.



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SPHERA2.0 balls can be purchased individually or in targeted sets.

