



MostFit® Core Hammer

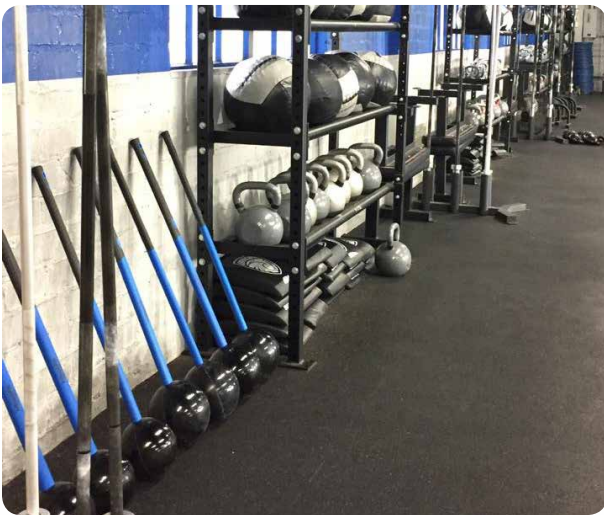
Portable, accessible and a whole lot of fun

California-based company MostFit® strives to provide unique and effective products to the fitness community to make optimum performance more accessible. MostFit® is dedicated to promoting fitness for health and happiness. Its goal is to make fitness enjoyable, accessible and realistic. These factors are paramount in creating a healthy body image and ultimately, success. MostFit® designs and manufactures some of the funkiest functional fitness products in the industry, which CYC is delighted to supply in the UK.

MostFit® Core Hammer

The **MostFit® Core Hammer** is revolutionising small group classes and one-to-one training. Ideal for cardio, strength, core, rotational and impact exercises, the **MostFit® Core Hammer** is portable, versatile and so enjoyable to work out with. Swing the Core Hammer like a sledgehammer against the ground, wall, driveway, cement floor, or use it like a mace to develop shoulder strength, mobility and stability. The long lever and distally loaded end provide endless options for unilateral and asymmetrical strength challenges, core exercises and rotational work.

The **MostFit® Core Hammer** removes the need for a bulky tyre for this type of workout. Ideal for athletic conditioning and bootcamps, the Core Hammer is available in 8 and 12 lbs (3.6 and 5.4 kg). Solid cement, industrial carpet, and industrial rubber flooring are preferred impact surfaces.



MostFit Core Hammer 8lb

£239.99 INC VAT **SKU: MF-CH8**

Most Fit Core Hammer 12lb

£263.99 INC VAT **SKU: MF-CH12**

- Sledgehammer workouts without a tyre
- Ideal for cardio, strength, core, mobility, rotational and impact exercises
- Portable, versatile, and fun
- Solid urethane head withstands extreme force
- Durable plastic covered fibreglass handle
- Comfortable rubber grip
- Wealth of educational material online

Dimensions: Length: 104cm

Weight: 8 or 12 lbs (3.6 or 5.4 kg)

Warranty: 2 years

PERFORMANCE FEATURES & SPECIFICATION

