

# FUNCTIONAL BALL TRAINER



## TURN ON YOUR HANDS!

**Build gripping strength in fingers and hands!**

**Develop "Ball Strong" confidence!**

**Eliminate turnovers!**

**SPECS:** Available Sizes: NCAA Men's Basketball  
NCAA Women's Basketball  
NBA Basketball

**Weight:** 6-1/2 lbs.

**Core:** Solid polyurethane foam core

**Hardware:** Eyebolt includes swivel allowing 360-degree ball rotation

## PRACTICE:

- Full range of motion using arms and legs!
- Pull down and pull through using Lat Tower!
- Specific movement patterns using the Above the Rim Trainer!



*Step & Pull Down*



*Step & Pull Down*



*Step & Pull Down*