



[www.prismfitnessgroup.com](http://www.prismfitnessgroup.com)

# Fitness On-The-Go

Prism Fitness Group's Fitness On-The-Go features self-guided products with exercise ideas printed directly on products.

## **Fitness On-The-Go includes:**

- (1) Smart Roller
- (1) 6mm Exercise Mat
- (1) 6lb Medicine Ball
- (1) 65cm Stability Ball
- (1) 10lb, 20lb, 30lb, 40lb and 50lb Resistance Cables
- (1 pair) Quick Switch Handle
- (1) Carrying Bag

