



PRODUCT PROFILE

–The KOREBALL is a collapsible and portable workout system offering a simple and effective core based, full-body fat-burning workout–

A collapsible, portable [kettlebell workout](#) system, KOREBALL™ offers a full-body cardiovascular workout that helps burn fat, build lean muscles and tone the body, while also improving flexibility, balance and strength. Safe and comfortable to use, the KOREBALL is for all levels of fitness enthusiasts and provides a dynamic and efficient workout in 30 minutes or less.

According to a study sponsored by the American Council on Exercise (ACE), participants were able to burn an average of 13.6 calories per minute aerobically and another 6.6 calories per minute anaerobically, totaling 20.2 calories per minute.

KOREBALL™ Workout System



The innovative state-of-the-art design of the patent-pending KOREBALL is a hybrid of traditional kettlebell and medicine ball training equipment. Standard kettlebells are comprised of a solid metal bell and handle, which can be challenging to use. Medicine balls have limited range of motion and are often difficult for users to hold on to for longer than a few minutes at a time.

KOREBALL's water or sand filled, leak proof, bladders are weight adjustable, while the smooth comfort dual handles are easy to use. The bladders are weight adjustable and equal 11 pounds when filled with water, or 20 pounds when filled with sand. It is 3 pounds when empty for easy transport.

Features & Benefits

An on-the-go fitness solution for all fitness levels, KOREBALL's unique design offers users the following benefits:

- A fat burning cardiovascular workout
- Helps build lean muscle
- Engages core muscles, providing tone
- Increases body core stability, flexibility and balance
- Improves body coordination and mental focus
- Bladder can be with water or sand Water the weight equals 11 pounds and sand equals 20 pounds.
- Comfortable dual handles offer a variety in routines
- Collapsible and compact for travel; easy to store away

As a Personal Fitness Trainer, I bought two more units for my gear bag and one for home (sand filled). This product is a great innovation, being: versatile, portable and easy to use. Even better, the build-quality and reasonable price tag make it a solid "bang for the buck" purchase." –[Bryan McDaniels](#)

About KOREBALL Developer Rick Warren

Developer Rick Warren is a certified personal trainer and also has a 3rd degree Black Belt in Tang Soo Do. He saw the need for a portable, collapsible and compact piece of fitness equipment for the modern lifestyles of today's person on the go. For more than 27 years he has owned and operated Warren's Martial Arts school and personal training center in Monterey, California, where he has trained thousands of people of all ages helping them to stay fit, healthy and achieve their goals. He works closely with his wife Cindy Warren, a certified holistic health coach with more than 20 years of experience, and who helps market KOREBALL.

Price and Shipping

The KOREBALL is priced at \$59.99 online and comes with two bladders, one handle, eight screws, two caps and a bag for portability. Shipping is based on a 3 lb. product and zip code.

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