

BOSU® Balance Trainer

<p>Description</p>	<ul style="list-style-type: none"> ◆ Whether you are looking to tone and strengthen, improve core strength, lose weight, or simply get healthy and fit, the BOSUR Balance Trainer (also referred to as the Half Blue Exercise Ball) is easy to use, fun, and effective. Any exercise performed on the ground may be adapted to amplify the challenge and increase results. Use the BOSUR Balance Trainer dome or platform side down. The options and exercise progressions are endless, helping to enhance mobility, strength, balance, and overall fitness levels. Anybody can use it, regardless of fitness level. ◆ Wallchart & 6 BOSUR workout DVD's ◆ Enhanced movement capabilities ◆ Tone & strengthen ◆ Improve flexibility ◆ Next level functional training
<p>Specifications</p>	<ul style="list-style-type: none"> ✓ Latex-free, burst-resistant material ✓ 90-day limited warranty - Home use only ✓ Available in blue or pink with black rim and base ✓ Six (6) rubberized feet ✓ Holds up to 136 kg (300 lb) ✓ Measures 65 cm in diameter and 25.4 cm (10 in) high when fully inflated
<p>Weight</p>	<p>9 kg (19 lb)</p>

