

# BOSU EXERCISE BALANCE BALL

SKU: BL002





PRODUCT DESCRIPTION

The **BOSU** Exercise Balance Ball is a balance trainer that is challenging and safe for all levels.

From the elite athlete to weekend warriors trying to stay in shape, the **BOSU** Exercise Balance Ball helps to strengthen and coordinate your structure including the muscles of your body that you don't see.

The **BOSU** Exercise Balance Ball targets the core muscles of your body - those muscles around your abdominal and back area - helping you to not only gain strength, trim and tone but to help coordinate your entire body. Virtually any exercise you can perform on the ground can be performed on the **BOSU** Exercise Balance Ball - making that exercise More Challenging! More Fun! and More effective!

For all practical purposes, there are no weight restrictions as the Balance Ball is made with a Burst-Resistant material and was designed to be used by professional athletes, some weighing as much as 150kg or more.

You can stand, squat, sit or use it just like you would a step for aerobics. You can also turn it upside down for an even wider range of functional exercises! The difference is your body has to constantly shift and contract to stay aligned. This not only helps burn more calories, but enhances coordination and balance.

• Durable Anti-Burst exercise ball
• Helps improve balance, coordination and flexibility
• Ideal for Core Strength Exercises, Training, Toning, Resistance Exercise and more
• Safe, durable and easy-to-use
• Comes with bands and air pump

The **BOSU** Exercise Balance Ball adds FUNctionality to any workout!

ADDITIONAL INFORMATION

More Information

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| **Warranty** | 1 year |