



Balance Dome

SKU: **GG-ACC-005**

Unstable surface training that targets every muscle for faster strength, balance, and flexibility gains. The Balance Dome engages stabilising muscles often neglected in standard routines, helping prevent injury while keeping workouts challenging and effective.

Key Features

- Improves stamina, strength, flexibility, and balance for complete fitness
- Unstable platform activates stabilising muscles for injury prevention
- New 5cm lower dome height enhances wobble board use and floor exercises
- Full TPR anti-slip base for maximum stability and safety
- Eyelets allow resistance tubes to be attached for added variety
- Includes 8" hand pump for easy inflation
- Keeps workouts fresh, fun, and highly effective

Technical Specifications

Weight	10 kg
Length / Depth	59 cm
Height	15 cm
Width	59 cm

