



BOSU Balance Trainer

SKU: **GG-BOSU01**

Trusted by fitness professionals worldwide, the BOSU® Pro Balance Trainer challenges balance, coordination, and strength in one versatile tool. Its dynamic half-dome design engages stabilising muscles through integrated, multi-joint movements, building functional strength, flexibility, and cardiovascular fitness in every session.

Key Features

- Enhances balance, agility, and core stability for functional strength
- Can be used dome-side up or down for varied training intensity
- Supports sports performance, rehab, and general fitness applications
- Promotes full-body engagement with both aerobic and anaerobic drills
- Includes hand pump for easy inflation and setup
- Comes with 4-in-1 Complete Body Workout DVD and Bonus Xplode Cross Training Series
- Compact, durable design built for commercial and home gym use

Technical Specifications

Weight	15 kg
Length / Depth	65 cm
Height	20 cm
Width	65 cm

