

XBB2301

BALANCE BALL

BOSU



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

The 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 Exercise Balance Ball - making that exercise more Challenging! More Fun! and More effective!

BASE FEATURES

WEIGHT	9KG (15 LBS.)
HEIGHT	25.4 CM (10") WHEN FULLY INFLATED
DIAMETER	65 CM

- LATEX-FREE
- BURST-RESISTANT MATERIAL
- BLACK DUALY OVER-MOLDED PLATFORM FOR EXTRA STRENGTH
- SMOOTH, NON-SKID, NON-MARKING BASE
- HOLDS UP TO 159 KG (350 LBS.)