



Bosu Mini Pods



The newest addition to the BOSU® balance training line. BOSU® Balance Pods provide a total body workout by improving balance, coordination and flexibility simultaneously. By training the upper and lower body, you develop core strength and stability, which is important for health and fitness. One can use the Balance Pods flat side down for a more stable base or dome side down for more balance challenges. The raised rings provide grip and comfort for hands and feet. It is best to integrate the BOSU® Balance Pods into your workout with a BOSU® Balance Trainer.

!endif-->

CHF 49.90

- Develops muscular endurance of the entire body
- Improves dynamic balance and flexibility
- Builds strength and stability
- Promotes body awareness and coordination
- Textured bottom prevents slipping
- Phthalate free
- Weight: 450g
- Diameter: 16.5cm
- Scope of delivery: 2 blue balance pods