



---

## **BOSU BALANCE TRAINER**

### **SPR-BOSU**

- The ultimate in balance, core stabilization, and body awareness training
- This versatile functional exercise-training device with its unique half-circle inflatable ball provides multiple applications for standing, sitting, and supported body weight conditioning activities
- May be used with the bubble side up or the platform side up if more of a challenge is desired
- The platform is 12" tall with a diameter of 25" when fully inflated
- Inflation pump and user guide included