

Balance Airboard (BOSU Ball) 58cm MAX LOAD 150KG (141)



Price: €142.80 inc. 19% VAT

SKU: 103614

Product Categories: [BALANCE/COORDINATION](#), [GROSS MOTOR SKILLS](#)

Product Page: <https://theraplaycy.com/product/balance-airboard-bosu-ball-58cm-max-load-150kg-141/>

Product Description

The balance board ball is a versatile training device for balance, coordination, and stabilization exercises. Its double-sided design, with a curved and a flat side, makes it suitable for various fitness and core training exercises. With a diameter of 58 cm and a weight capacity of up to 150 kg, it is ideal for training at home or in the gym.

Material and workmanship

The Balance Board Ball is made of durable plastic material with integrated handles on the underside.

The curved side is ball-shaped, while the opposite side offers a flat standing surface.

The handles allow for stable positioning during selected exercises.

Diameter: approx. 58 cm

Maximum load capacity: approx. 150 kg

Function of the balance board ball

The balance board ball can be used for balance, coordination, and stabilization exercises.

Its double-sided usability creates different training challenges in standing, sitting, or supporting positions.

The product's function is based on the unstable support surface, which necessitates adjustments in the body's movements.

Application areas

The balance board ball is suitable for exercises in the following areas:

Balance Training

Coordination training

Core and stabilization exercises

Functional training at home or in the studio

It can be used both in private settings and in training rooms. Its use depends on the individual training concept.

DETAILS

Product details and features of the Balance Board Ball

The Balance Board Ball is a training device for balance and coordination exercises in fitness and movement. The Balance Board Ball combines a curved and a flat side and can be used on both sides. This double-sided design makes the product suitable for various balance and stabilization exercises.