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The BOSU is an effective tool for training both static and dynamic balance, as well as training motor skills, kinesthetic awareness and proprioception. When training on an unstable surface, the core automatically fires and contracts to keep the body upright. Thus, the BOSU challenges individuals to build strength and balance simultaneously.

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Many BOSU exercises place an indirect load on your core muscles. Your core -- the collective term used to describe your abdominal, lower back and waist muscles -- must work hard to stabilize your spine as you work out on the unstable BOSU ball. The New BOSU Pro Model with commercial design and durability uses a thick 8lb bladder.

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Read and follow the guidelines in this manual before performing any of the BOSU® Elite exercises provided in videos and other content. Correct exercise technique will help you get the results you want and keep you exercising safely. Do not use your BOSU® Elite until you have read this man- ual completely. 10.

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The BOSU Balance Trainer can be used to perform exercises such as Crunches, Planks, Presses, Squats, Bicep Curls, Lateral Shoulder Raises, Hip Extensions and more. It can also act as a step during cardio workouts. Read on, to find out more about the BOSU Ball. Why is the Bosu Ball so popular?

BOSU Balance Trainer Guide - Best Womens Workout Reviews

BOSU Ball Exercises Instructions: 1. Start in a plank position with your knees off the ground or you can plank from your knees. Keep your body in a straight line. 2. Use your arms to tilt the BOSU forward and then back. You will really work your arms, back and abs on this one, so make sure you do not sag in the middle. 3. Repeat for the required number of repetitions and or time. BOSU V-Sit ...

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