

65  
cm

BALANCE

AGILITY

CORE

CARDIO

STRENGTH



**BOSU**  
PRO BALANCE TRAINER

# NEXGEN

TRAINING THAT TRANSLATES TO LIFE.



TEXTURED DESIGN ENHANCES FUNCTIONALITY



MADE IN THE USA





# NEXGEN

TRAINING THAT TRANSLATES TO LIFE.

65 cm



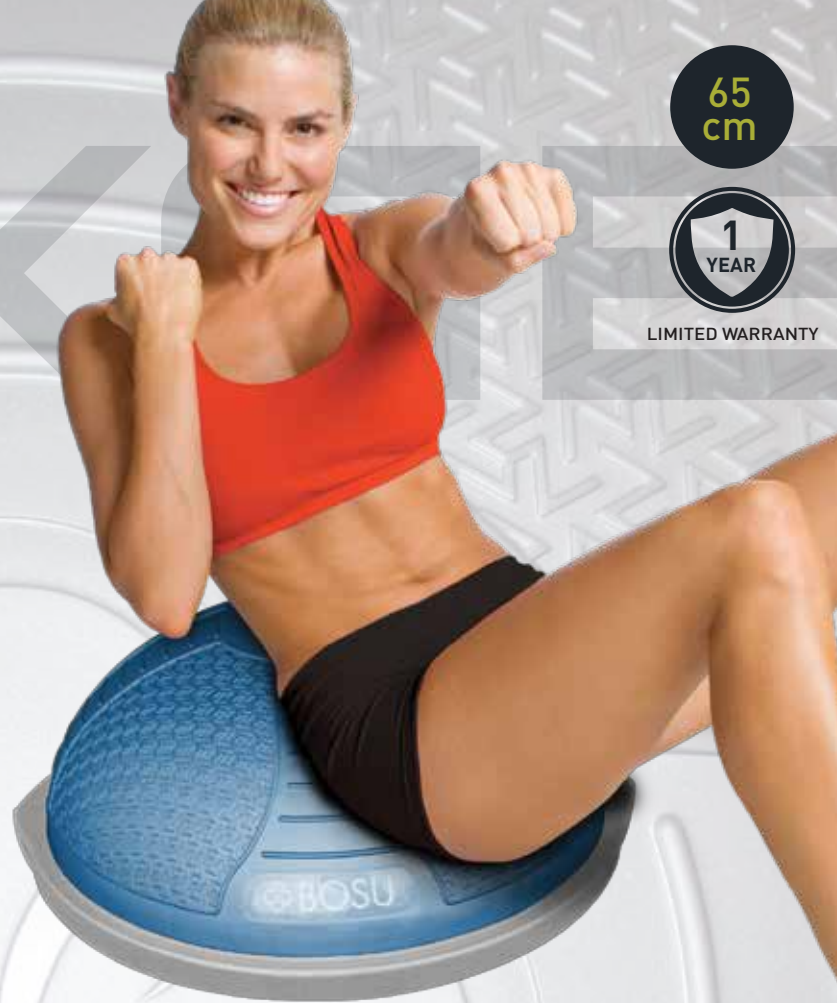
LIMITED WARRANTY

## Textured design enhances functionality with grip & positional cueing.

The BOSU® Balance Trainer NexGen™ is all about functionality. The four easy to distinguish textured quadrants allow for precise body positioning and cueing for cardio, agility, strength, core, balance and mobility exercises and drills. The textured markings also allow for enhanced grip for hands and feet. Use dome or platform side down, combine it with other equipment, or use it as a stand-alone product to make any exercise fun, challenging, and effective.

Available in blue with "Made in the USA" logo, light grey rim, and a black, dually over molded platform for extra strength with a smooth, non-skid, non-marking base.

Includes BOSU® Balance Trainer NexGen™, dual-action pump, owners' manual and exercise cards.



- QUADRANT DESIGN FOR PRECISE BODY POSITIONING AND CUEING
- INCLUDES WALLCHART WITH 12 NEW EXERCISES
- ENHANCED MOVEMENT CAPABILITIES
- ENHANCED GRIP
- TONE AND STRENGTHEN
- IMPROVE FLEXIBILITY
- NEXT LEVEL FUNCTIONAL TRAINING

- SPECIFICATIONS
  - Latex-free, burst-resistant material
  - Hand pump and owner's manual included
  - 1 Year warranty
  - Holds up to 159 kg (350 lbs)
  - Weighs 8 kg (17 lb)
  - Measures 65 cm in diameter and 25.4 cm (10 in) high when fully inflated



4 QUADRANT TEXTURE DESIGN AVAILABLE IN BLUE ONLY



Designed for all ages & activity levels.

BPA Free | Box Made From Recycled Material

ITEM NO.	PRODUCT DESCRIPTION	UPC
72-10850-PNG	BOSU® NexGen™ - PRO	033149079361
72-10850-PNGQ	BOSU® NexGen™ - PRO - QUAD PK	033149079361



OFFICIAL SUPPLIER



MADE IN THE USA



# BOSU<sup>®</sup>

BALANCE TRAINER

## PRO



# BOSU® Balance Trainer PRO



FOR SERIOUS ATHLETES AND GYMS



Currently used in health, fitness, sports conditioning and rehabilitation facilities, and known industry-wide for training balance, building strength, enhancing flexibility, and delivering killer cardio workouts, the BOSU® Pro Balance Trainer challenges the entire body with integrated, multi-joint movement that requires muscle groups to work together. Use the BOSU® Pro Balance Trainer dome or platform side down, combine it with other equipment, or use it as a stand-alone product to make any exercise fun, challenging, and effective.



STANDARD SIZE



REINFORCED BASE



LIMITED WARRANTY

Available in blue and pink with “Made in the USA” logo, light grey rim, and a black, dually over molded platform for extra strength with a smooth, non-skid, non-marking base.

Includes BOSU® Pro Balance Trainer, dual-action pump, trilingual owner’s manual and BOSU® Integrated Balance Training Manual and DVD.



Shannon Fable,  
BOSU® Master  
Trainer



BOSU® Ballast™ Ball,  
Balance Trainer PRO,  
& 4lb Weighted Ball.  
\*EACH SOLD SEPARATELY

ITEM NO.	PRODUCT DESCRIPTION	UPC
72-10850-5P	BOSU PRO (W/PUMP ONLY)	793993108579
72-10850-5PQ	BOSU PRO (W/PUMP ONLY) 4 PACK	793993108609
72-10850-P	BOSU PRO	793993108968
72-10850-PQ	BOSU PRO 4 PACK	033149007333
72-10850-5PPK	BOSU PRO PINK (W/PUMP ONLY)	033149024750
72-10850-5PPKQ	BOSU PRO PINK (W/PUMP ONLY) 4 PACK	033149024750
72-10850-PPK	BOSU PRO PINK	033149024774
72-10850-PPKQ	BOSU PRO PINK 4 PACK	033149024774

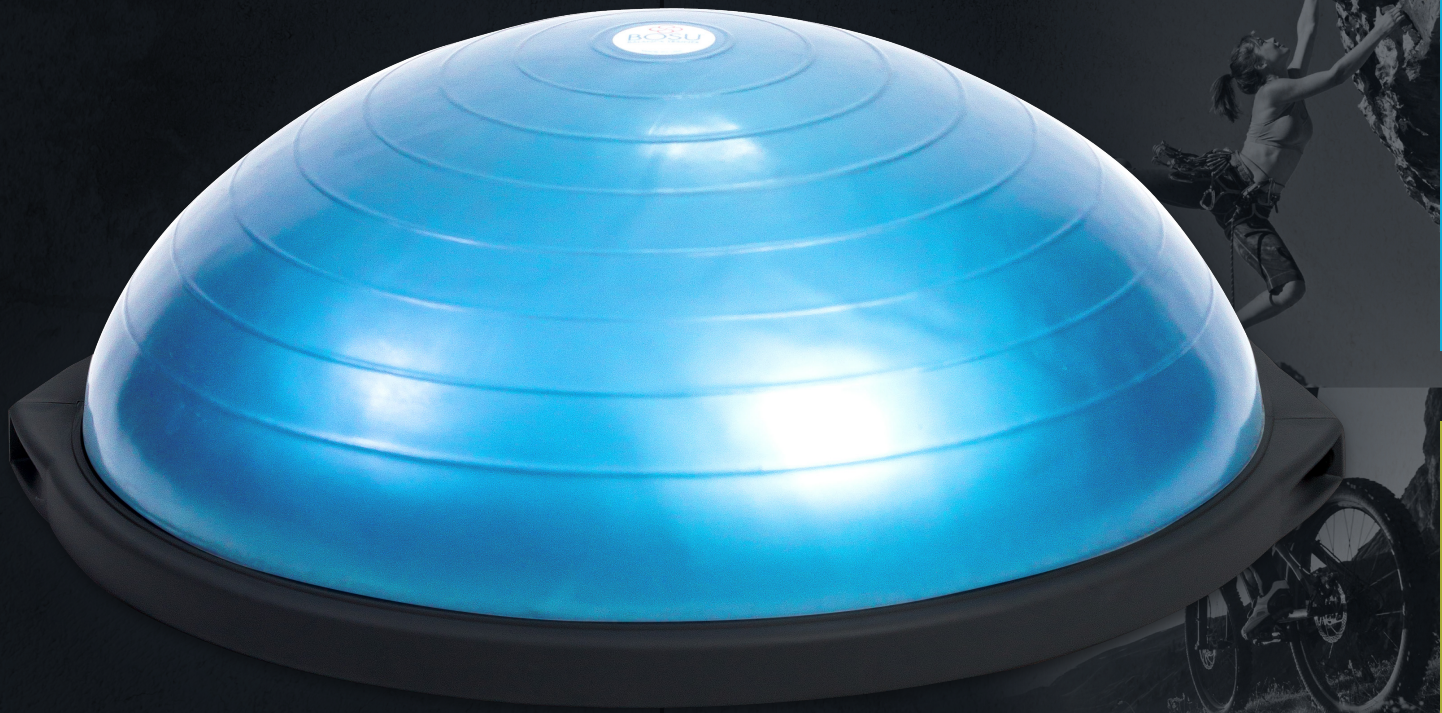
FULL LINE OF BOSU® ACCESSORIES AVAILABLE ON PAGE 14. BOSU® DVDs AVAILABLE ON PAGE 16.



# BOSU<sup>®</sup>

BALANCE TRAINER

## HOME



65  
CM



TRAINING THAT TRANSLATES TO LIFE™



# BOSU® Home Balance Trainer

## HOME FITNESS WORKOUTS



STANDARD SIZE



HOME USE LIMITED WARRANTY



FAMILY FRIENDLY

Whether you are looking to tone and strengthen, improve core strength, lose weight, or simply get healthy and fit, the BOSU® Balance Trainer is easy to use, fun, and effective. Any exercise performed on the ground may be adapted to amplify the challenge and increase results. Use the BOSU® Balance Trainer dome or platform side down. The options and exercise progressions are endless, helping to enhance mobility, strength, balance, and overall fitness levels. Anybody can use it, regardless of fitness level.

- **WALLCHART & 6 BOSU® WORKOUT DVD'S**
- **ENHANCED MOVEMENT CAPABILITIES**
- **TONE & STRENGTHEN**
- **IMPROVE FLEXIBILITY**
- **NEXT LEVEL FUNCTIONAL TRAINING**
- **SPECIFICATIONS**

- Latex-free, burst-resistant material
- 90 day limited warranty - Home use only
- Available in blue or pink with black rim and base
- Six (6) rubberized feet
- Holds up to 136 kg (300 lb)
- Weighs 9 kg (19 lb)
- Measures 65 cm in diameter and 25.4 cm (10 in) high when fully inflated
- Includes hand pump and owner's manual

BOSU® Balance Trainer & Ballast™ Ball Combo  
\*EACH SOLD SEPARATELY



ITEM NO.	PRODUCT DESCRIPTION	UPC
72-10850-2BB	BOSU® HOME VERSION - BROWN BOX	033149108511
72-10850-2XP	BOSU® HOME VERSION - RETAIL	033149108511
72-10850-2XPQ	BOSU® HOME VERSION - RETAIL 4 PACK	033149108511
72-10850-2PK	BOSU® HOME VERSION - PINK - BROWN BOX	033149006800
72-10850-PKIN	BOSU® HOME VERSION - RETAIL	033149006800
72-10850-PKINQ	BOSU® HOME VERSION - RETAIL 4 PACK	033149006800
72-10850-BB	BOSU® HOME VERSION - BALLAST BALL COMBO - BROWN BOX	033149014782
72-10850-3COS	AVAILABLE SOON - BOSU® HOME VERSION - WITH FITNESS CORDS	033149309925

FULL LINE OF BOSU® ACCESSORIES AVAILABLE ON PAGE 20. BOSU® DVD'S AVAILABLE ON PAGE 22.



**i** Any exercise program has inherent risks. Consult your physician before beginning this or any exercise program.



# BOSU<sup>®</sup>

BALANCE TRAINER

## SPORT



50  
CM



TRAINING THAT TRANSLATES TO LIFE<sup>™</sup>

# BOSU® Sport Balance Trainer

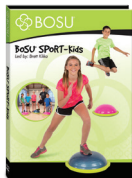
## HOME FITNESS OF ALL LEVELS

The BOSU® Sport Balance Trainer 50cm is simply a smaller version of the original BOSU® Home Balance Trainer, constructed with the same rim and base style. The sleek compact design allows for easy transport and storage, quick positioning for any type of workout, and is ideal for all fitness enthusiasts and athletes. The smaller size offers a variety of configuration, stance and workout options, especially when paired with an additional balance trainer or BOSU® Ballast™ Ball.

It's a great tool for all skill levels, but kids love the bright colors, and smaller size.

- **RESHAPE YOUR BODY**
- **TONE & STRENGTHEN**
- **INCREASE BALANCE & AGILITY**
- **ENHANCE MOVEMENT CAPABILITIES**
- **IMPROVE FLEXIBILITY**
- **SPECIFICATIONS**
  - Latex-free, burst-resistant material
  - 90 day limited warranty - Home use only
  - Available in blue or pink with neon green rim and black base
  - Six (6) rubberized feet
  - Holds up to 113.40 kg (250 lb)
  - Weighs 4.54 kg (10 lb)
  - Measures 50 cm diam x 17.8 cm high (19.7 in x 7 in) when fully inflated
  - Includes hand pump and owner's manual

The BOSU® Sport Kids DVD program is 60 minutes of fun and fitness for kids! (Details on pg. 22)



\*\*NOT compatible with BOSU® POWERSTAX™

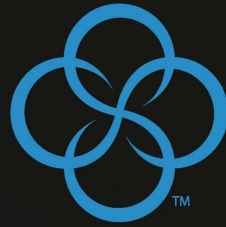
ITEM NO.	PRODUCT DESCRIPTION	UPC
72-15850-50	BOSU® SPORT 50CM - BLUE - BROWN BOX	033149305361
72-15850-50Q	BOSU® SPORT 50CM - BLUE - BROWN BOX 4 PACK	033149305361
72-15850-50R	BOSU® SPORT 50CM - BLUE - RETAIL BOX	033149305361
72-15850-50RQ	BOSU® SPORT 50CM - BLUE - RETAIL BOX 4 PACK	033149305361
72-15850-50PK	BOSU® SPORT 50CM - PINK - BROWN BOX	033149105244
72-15850-50PKQ	BOSU® SPORT 50CM - PINK - BROWN BOX 4 PACK	033149105244
72-15850-50RPK	BOSU® SPORT 50CM - PINK - RETAIL BOX	033149105244
72-15850-50RPKQ	BOSU® SPORT 50CM - PINK - RETAIL BOX 4 PACK	033149105244
72-15850-50RFN	BOSU® SPORT 50CM - BLUE - RETAIL BOX (French Canadian)	033149305361
72-15850-50BLK	BOSU® SPORT 50CM - BLACK RIM	033149039594

FULL LINE OF BOSU® ACCESSORIES AVAILABLE ON PAGE 20. BOSU® DVDs AVAILABLE ON PAGE 22.



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# BOSU



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**Schweiz**

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