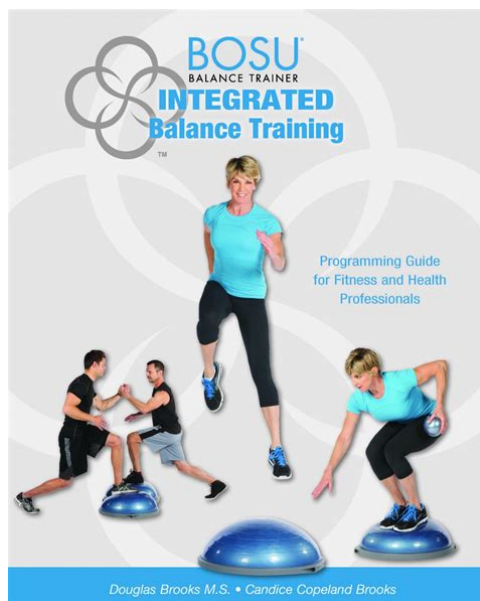


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bosu balance trainer instruction manual

You must have JavaScript enabled in your browser to utilize the functionality of this website. All items must include original packaging. In some cases, you may be responsible for the return shipping costs. The dome should "give" a little when standing, sitting or kneeling on it. Click here to watch a video on proper inflation. We also recommend trying a product found online called AirStop. It comes in a tube like toothpaste. Several customers have had success with this product. AirStop is made for patching Vinyl footballs, basketballs, soccer balls and things like that. What do I do. Then, work the bladderribbed edge to fit back onto the base, fit the clamp back on, tighten and reinflate the unit. This should solve the issue. For repair instructions, please contact Customer Service. What do I do If the unit is in direct sunlight or near heat sources, it may become damaged. Simply remove the plug using a spoon, deflate the dome completely and remove bolts from each side of the clamp. Then, you can work the bladderribbed edge to fit back onto the base, fit the clamp back on, tighten, and reinflate the unit for use. All plastics and Vinyl in this case are made from oil. When you stack the trainers where the blue ball portion is touching a black base of another unit, it will pull oil out of the ball. This is normal and goes away once washed with a mild cleaner and stacked base to base or dome to dome. Standing on the dome side offers a balance challenge with the least amount of risk or injury. Overall, before beginning this or any exercise program, consult a physician or health professional for recommendations, and be sure to read the owner's manual included with your unit. Or, if using a stability ball tape measure, inflate the product between 55 cm and 65 cm. That way, you are able to accommodate your individual height requirements. Participants simply pick the ball that "feels" the best to them based on its inflation level.<http://agelectric-bs.com/userfiles/copystar-cs420i-manual.xml>

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However, it is a safe, specially formulated mixture of dynamic material that both optimizes the rate of flow internal shifting of MDL inside the ball and provides enhanced audible feedback for lifting and shifting exercises. Click here for more details. Flip it over and theres a flat side you can use for upper and lower body exercises. Both sides offer plenty of options to work your core and improve flexibility. You can use it domesideup almost like a step and stand on it, sit on it, lie down on it or bounce around on it for cardio, lower body strength, or core moves. Or, you can turn it over and use the platform side for upper body exercises, like pushups, or more core moves, like planks. Some ideas include Strength training Add a whole new challenge to your strength workouts with moves like squats with an overhead press, lunges with biceps curls, or pushups. You can even use it as a weight bench to add a balance challenge during traditional weight work like chest presses. Flexibility Stand or kneel on the dome while doing traditional stretches like hamstring stretches or hip flexor stretches. This also adds instability to the exercise, so you should practice these while standing next to a wall until you get used to it. Sports Conditioning Use it to perform sports drills, like jumping or plyometric movies like side leaps to increase performance and agility. Core training Use it for abdominal exercises like dead bug and vsits, or for lower back exercises such as back extensions to target the core muscles. Just standing on it is challenging, as your body moves and shifts into and out of balance. This awareness is something that often declines as we age, so the Balance Trainer can help you stay connected with how your body moves. Proprioception This

describes your awareness or cognizance of joint position in response to the body's actions. http://cicinstall.com/testingsites/advantage_aviation/assets/media/copystar-cs-8030-manual.xml

When you stand on a Balance Trainer, the stabilizer muscles in your ankles cocontract with your primary muscles to stabilize the joints and maintain your balance. This helps to make normal activities easier. You can use it in place of a step for aerobic workouts very tough and while doing some traditional yoga poses, like Warrior II and Triangle. It makes the workouts challenging and interesting. You can also find detailed exercises and other BOSU products at BOSU.com. The workout is a bit dancelike but includes sportlike moves as well. This is a great introduction to cardio on the Balance Trainer, though some reviewers say you may want to have some experience with the BOSU ball first. BOSU Equilibrium with Jay Blahnik This DVD offers a great yoga and Pilates hybrid workout that can be both challenging and relaxing. Jay does some traditional yoga moves like warrior poses and sun salutations using the Balance Trainer and also includes some core work as well. If you're looking for something new, the Balance Trainer just might fit the bill. Read our editorial process to learn more about how we factcheck and keep our content accurate, reliable, and trustworthy. BOSU Squat Jumps. Are Older Adults Less Embodied. A Review of Age Effects through the Lens of Embodied Cognition. The Proprioceptive Senses Their Roles in Signaling Body Shape, Body Position and Movement, and Muscle Force. Start Here. Please try again. Please try again. In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading. In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading. Register a free business account Please try your search again later. From the elite athlete to weekend warriors trying to stay in shape, the BOSU Balance Trainer helps to strengthen and coordinate your body including the muscles that you don't see.

The trainer targets the core muscles of your body those muscles around your abdominal and back area helping you to not only gain strength, trim and tone, but to help coordinate your entire body. The BOSU Balance Trainer is a versatile piece of equipment that is ideal for static and dynamic balance training. The BOSU Balance Trainer can be used to integrate balance challenges into cardiovascular, endurance, core and flexibility training. The BOSU Balance Trainer is Proudly Made in the USA. Learn More Amazon calculates a product's star ratings based on a machine learned model instead of a raw data average. The model takes into account factors including the age of a rating, whether the ratings are from verified purchasers, and factors that establish reviewer trustworthiness. Please try again later. Frederick Jones 5.0 out of 5 stars Toss the pump and use a bike pump. Make sure you fill to the specifications, which weren't immediately apparent to me, of 9" in height. Everything, except the pump, works awesome and this has become an important product for my daily core exercises. It gets results! Because of my faith in them, I assume this is an outstanding product. I hope to find out one day soon. I ordered a NEW Bosu Balance Trainer with Resistance Bands I made sure to order the original, brand name, to ensure I received a QUALITY product and service with no worries. I RECEIVED a VERY APPARENTLY PREOPENED, UNTAPED, DAMAGED BOX WITH A DEEP GOUGE IN THE CENTER OF THE BOX LARGE ENOUGH FOR ME TO SEE THROUGH AND PUT MY FINGER THROUGH FAR ENOUGH TO REALIZE THE HOLE RAN ALL THE WAY THROUGH DIRECTLY OVER THE CENTER OF THE BALL. I left a message on an extension that was given, but haven't heard back as of October 27th. Getting concerned. I've looked on Amazon and other websites to find that enough customers complain of leaks with these exercise balls that I actually purchased the additional insurance as a safety measure, even though an overwhelming amount of reviews are favorable.

<http://www.diamondsinthemaking.com/content/3m-polygun-tc-manual>

Not even bothering to this one completely out of the box. SO DISAPPOINTED. It says it was shipped by Amazon, so somebody new this package was unfit to ship before it left the factory. Not happy.

Will post a separate review when I receive a NEW product in an UNDAMAGED box with no defects and all parts included. Leaving this post up in hopes it will wake someone up at customer service. Update Received a replacement from Amazon. Again, in a previously returned, untaped box with no CDs and the wrong pump. Whats going on with Amazon Theyve become my goto since its nearly impossible to find anything locally anymore. This has NEVER happened to me before. Ive gone out to the manufacturer and Im going to try Amazon one last time since reviews tell me this is a superior product over its lookalikes and Im unable to find the same package on Bosus website.Its a great product for working on your balance. There are a ton of exercises you can do with the ball, either flat or ball side up depending on the exercise. The most important thing to being successful and enjoying this ball is getting the inflation right. I do not like how difficult it is to inflate. The ball has a hole with a plug, which is very hard to pull out. As you pull the plug out, and later put back in, air escapes from the ball. Pumping it up with the included pump isnt very hard. HOWEVER, it is CRITICAL that you inflate it to the right amount. Inflating too much or too little will make the ball very hard to use and could lead to failures in the ball I see several comments on separation of the ball from the base which are possibly inflation related. I overinflated at first, not realizing it until I tried to use it and kept falling off. Getting out my ruler and adjusting to the correct height made it much easier to use. Do be careful using this in anything but shoes with grip; it is very easy to slip off in socks or bare feet. Overall love it and look forward to many years of use.

<https://www.agence-immotech.com/images/case-cx160-service-manual.pdf>

I havent used the straps yet but they seem fine.Keep it in family room so as to be able to watch TV while standing on the Bosu Ball. Before I know it an hour has passed and my entire body, from neck down to my feet feel like I have had a very satisfying workout. Great for balance as well. Highly recommend it to anyone.Just beware of the resistance straps. The end of the rubber tube is only folded through the semicircle metal ring of the clip and then held in place by the short piece of plastic sleeve.Thankfully no ones eye was near enough to the end when it snapped off. Not certain why the disparity with quality construction from the rest of the device.Very high quality. This balance trainer gives lots of options for expanding various workouts and really working your core.Sorry, we failed to record your vote. Please try again Not impressed.Sorry, we failed to record your vote. Please try again It just sits there and doesnt do anything though. Not sure why wife wanted it.Sorry, we failed to record your vote. Please try again The quality is amazing, worth every penny.Sorry, we failed to record your vote. Please try again In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading. Used Very GoodPackaging will be damaged.Something we hope youll especially enjoy FBA items qualify for FREE Shipping and Amazon Prime. Learn more about the program. Please try again.Please try again.Please choose a different delivery location.Use it for practicing balancing, strengthening your core, improving your sitting posture during exercise, and more.In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading. In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading. Register a free business account Please try your search again later.

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The dome is designed with stronger, burstresistant material and includes an 8pound bladder for a virtually indestructible surface. And because it's so strong, it can handle weights up to 350 pounds.This instability creates a physical challenge during exercises and is what makes BOSU so effective for fitness. Use for cardio, strength and balance. BOSU is impossible to master and offers endless exercise options as endurance, strength and ability increase. Available in different models and colors.Exercises on the BOSU are easily adapted to fit any fitness level and helps condition the entire body while improving balance, coordination and body awareness. Its easily used by the young, elderly, injured or elite level athlete.Within the fitness community it's no secret that using the BOSU

helps to condition the entire body and helps to improve overall health and fitness while experiencing a fun and exciting workout. The BOSU introduces a fun element to workouts and keeps routines from getting stale and boring. It has a smooth, nonskid, nonmarking base. The BOSU; PRO Balance Trainer has a blue dome with logo detailing, light grey clamp and platform and includes a foot pump, BOSU; Integrated Balance Training Manual and DVD. BOSU, which originally was an acronym for;Both Sides Up;, has evolved beyond the product to now mean;Both Sides Utilized; and to become a mindful approach to exercise that is a step beyond traditional training.; BOSU Training is about expanding movement capabilities, reshaping bodies and strengthening minds.; Appropriate for everyone from elite athletes to kids to weekend warriors trying to stay in shape, the Bosu balance trainer helps you strengthen and coordinate several major muscle groups, including the muscles you don't see. The Bosu targets your core muscles the muscles around your abdominal and back area while you perform a host of different workouts, from squats and bicep curls to lateral shoulder raises and hip extensions.

As a result, you not only gain strength, trim and tone, but also improve your balance and coordination along the way. Learn More Amazon calculates a product's star ratings based on a machine learned model instead of a raw data average. Avid reader 2.0 out of 5 stars The trainer itself is very good. However, the inflation system is useless. After the first time refilling the Bosu, the stem leaks following their instructions use a spoon to remove the stem. The tube is made of really cheap, semirigid plastic that split after one use at the nipple that fits over the pump. But, instead you waste a lot of time because you're pinching pennies on a piece of athletic equipment that is meant to be jumped on. Update I discovered the solution to the leaking stem on the balance trainer put vaseline on the plug. It works, no more leaks. The solution is buried somewhere on their website. It should be in big letters in the box. The inflation system still stinks. I used scotch tape to hold it together. Now, I do all my exercises on Bosu in my bedroom. I store it in my master closet. It's such a fun way to improve balance, tone muscles, and laugh out loud! The blue plastic came unseated by like the third week. Now I'm too late for returning it. It's a total hazard to use at this point since it clearly will do it again and again. Pissed! Here's to you! AND here's to those who are shopping. I, like you, wanted great pictures and great advice. I'm giving four stars right now simply because I haven't used this yet I'll be back. This is for those who have AND will have a hard time airing this up without the help of us reviewers. Another reviewer on here suggested Vaseline in the the part where you insert the pump to air it up. This Vaseline creates sort of a vacuum and helps the pump move more smoothly. I, like the other reviewer believe this is why some who have purchased this had issues with inflation and the pump coming apart.

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According to the other reviewer, this info can be found on the Bosu website. Long story short, if it wasn't for that review before I purchased this, I'd have been mad or disappointed too. As soon as I rubbed the Vaseline on, it aired up perfectly. I have posted pics from start to finish. As you can see, I didn't have a stick ruler to measure with, but I did my best. You can see the picture I posted. You are to measure with this thing upside down. I will come back and post more about effectiveness later. For now I'm giving this a four just because I had to depend on a reviewer to assist me. This info should come in the instructions. Also, don't be rough with the pump. Do slow long pumps, not short, fast ones. If you're pumping right, there won't be as much resistance. The Bosu Balance Trainer Pro arrived on time, was well packaged, and was easy to inflate. I knew this was exactly what I wanted because I have used one with my physical therapist. Once my new Bosu was inflated, I notice three tiny indentations in the vinyl of the half ball. I waited a day to see if they went away. When they did not, I emailed the company, sending photos of the spots that worried me. A reply came the very same day. I was asked for a copy of my receipt, which I sent. Once it was verified, I received an

email asking me to verify my address. After I replied, I was told a replacement is on its way. I could not have asked for better treatment. I would also add that I began with clear photos of my issues, and politely asked what the company wanted me to do. My wife and I recently retired and we have researched aging, and we found that most people as they age lose a great part of their balance. The recommendation is that if people stay keep doing balancing exercises to keep their balance while younger, you might appreciate it as we age and help prevent senior citizens falling. The BOSU Pro Balance Trainer might be a little expensive, but we also like our quality of life.

I learned about this fascinating piece of exercise equipment at my physical therapists. I not only use it on a daily basis to stretch my calves and hamstrings, but now use it to walk in place for my cardio. There's essentially no impact which is nice at my age, and you control your pace and intensity. We have ours located just inside our glass door, so that we can look outside when we're walking. No dogs barking or charging you, no nosy neighbors watching every move you make, no need for makeup during your daily walk, and no impact on your bones and joints. What more could you ask. Comes with an informative DVD and a booklet to use it to capacity. Our Bosu has become part of our daily routine. Wouldn't be without it! I also have found that they rarely require the addition of more air, so they are low maintenance pieces of equipment. If I were to find any con to the Bosu trainer, I would say it is the size. It is a large item to find floor space for, but I'm okay with that given its usefulness. Sorry, we failed to record your vote. Please try again Hoping that someone will please reach out. The product is good quality, it works great. However I don't enjoy seeing the giant dent for the price that I paid. Inability to contact the seller is very annoying. I don't have the box to send it back, otherwise it would be at the post office already shipped back for an exchange. Sorry, we failed to record your vote. Please try again The only thing is for those who are more advanced athletes. Your better off finding great videos on YouTube. The book is, as it should be!, for beginners. There are over 40 different movements that are effective using the BOSU ball. You will love it. Great leg workouts! Sorry, we failed to record your vote. Please try again The product itself is great. I love the flexibility of exercises possible with the Bosu. Sorry, we failed to record your vote. Please try again Please send me both pieces or I will be returning it, a.s.a.p. It can't be used until I have these.

Extremely disappointed! Sorry, we failed to record your vote. Please try again Holds air well. Exactly like the one I use at the gym and has been a great addition to my at home workout routine during quarantine. Sorry, we failed to record your vote. Please try again I am really disappointed. I cannot even get the plug out to pump it up with my bicycle pump. Sorry, we failed to record your vote. Please try again It arrived in great shape, in a flat box although I was a bit worried if the hand pump would be up to the job, it was very simple to inflate and is clearly made of high quality materials. It is very sturdy and a fabulous workout product. Sorry, we failed to record your vote. Please try again It has a high weight rating. 350Lbs. I use it all the time for core strength training and balance training. Sorry, we failed to record your vote. Please try again Sorry, we failed to record your vote. Please try again Love it, pump works great. Nice to have my own to use when I want to. Sorry, we failed to record your vote. Please try again It was easy to inflate and start to use. It is a genuine Bosu ball just like they have at the gym that I attend. I am happy with my purchase. Sorry, we failed to record your vote. Please try again. You must have JavaScript enabled in your browser to utilize the functionality of this website. Affirm Financing Paypal Credit Financing 888 9387348 0 Items You have no items in your shopping cart. Search Home Shop All Brands New Cardio Strength Aqua Therapy Wellness Accessories Packages Billiards Gaming FAQ Home Shop All Brands New Cardio Strength Aqua Therapy Wellness Accessories Packages Billiards Gaming FAQ Home Shop All Brands 65CM HOME BOSU BALANCE TRAINERS PINK Product was successfully added to your shopping cart. Use the BOSU Pro Balance Trainer dome or platform side down, combine it with other equipment, or use it as a standalone product to make any exercise fun, challenging, and effective.

Available in pink with "Made in the USA" logo, light grey rim, and a black, dually over molded platform for extra strength with a smooth, nonskid, nonmarking base. Includes BOSU Pro Balance Trainer, foot pump, trilingual owner's manual and BOSU Integrated Balance Training Manual and DVD. Use single quotes for phrases. Deliveries are typically made Monday through Friday, and you can find delivery options for each item on its product page as well as in cart. For more information view our Shipping Information. View our Consultation Form Below and Schedule a free consultation with one of our experts to talk about your Gym Build or just ask us questions. Paypal Credit Financing 0% Interest If Paid In Full In 6 Months. Financing via Paypal Credit is very similar to financing with Affirm. Affirm Financing Affirm offers simple and fact financing for all orders. If you click a link and buy something, I may receive a small commission at no extra cost to you. Tweet Share 4 Share Share Pin 162 166 Shares The BOSU Balance Trainer, AKA the BOSU Ball, was invented in 1999 by athlete and fitness product developer David Weck, as an alternative to a traditional stability ball. An acronym that stands for "both sides up," the BOSU ball resembles a rubber stability ball that has been cut in half then attached to a rigid plastic platform, It can be used with either the flat or curved side resting on the floor, depending on the exercise you want to do. BOSU ball workouts improve core strength, balance, flexibility, coordination, and cardiovascular fitness. This versatility has led to it becoming a standard fitness tool in gyms across the world. The concept behind this simple training tool is that exercising on an unstable surface engages small, as well as large muscles. This means workouts are comprehensive and extremely effective. Table of Contents What Exercises Can I do with the BOSU Balance Trainer. Why is the Bosu Ball so popular.

Is the Bosu Ball more effective than a regular stability ball. Does the BOSU Ball come ready to use 10Minute BOSU Ball Core Workout How do the BOSU Home, Pro, Sport, and Elite Balance Trainers Differ. BOSU Home Balance Trainer BOSU Pro Balance Trainer BOSU Sport Balance Trainer BOSU Elite Balance Trainer Final Thoughts on the BOSU Balance Trainer Click this link to find out more about the Bosu Balance Ball on Amazon What Exercises Can I do with the BOSU Balance Trainer. 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. The BOSU Balance Trainer is popular with exercisers of every age and fitness level. This is largely due to its versatility, which enables the user to perform a vast range of toning and balancing exercises. BOSU balls come with a workout guide and one or two totalbody workout DVDs. The DVDs demonstrate cardio, toning, and stretching exercises, along with moves designed to improve balance and coordination. You can also create your own workouts. Two balance balls can be utilized simultaneously, by resting your feet on one and your hands on the other. Used this way, you will further increase the benefits of exercises such as Planks and PushUps. With a BOSU Ball, there is no adjustment phase as there can be when using a regular stability ball which tends to roll across the room until you get the hang of it. Excellent for promoting good posture, I often use my BOSU Ball as a seat when watching TV. Two studies concluded that when used for strength training, BOSU Balls provide no extra benefits than traditional stability balls. Research has yet to be undertaken to determine if it delivers superior balance and coordination benefits. Studies also need to be done to see if it provides a better core workout than a regular stability ball.

Personally, I find the BOSU Balance Trainer enjoyable to use, and anything that keeps me interested in working out on those days I may not feel like it has got to be a good thing. Again using Planks and PushUps as an example, when I do these with my feet resting on my BOSU Ball, the difficulty level is increased, and I feel that my muscles are getting a deeper and more effective workout. Does the BOSU Ball come ready to use. Before you can use your BOSU Balance Trainer, you will need to inflate it. A foot pump and instructions on how to use it will be in the box the ball comes in. Be sure not to overinflate the ball. If you do, it may leak air. While no big deal, rectifying it is a little fiddly. You will have to undo the screws that attach the ball to the base, realign the ball's rim with the base,

then tighten the screws and reinflate the ball with less air. The BOSU Ball is available in four different versions. These include the BOSU Home Balance Trainer, the BOSU Pro Balance Trainer, the BOSU Sport Balance Trainer and, the newest addition to the range, the BOSU Elite Balance Trainer. We will look at each of them below.

10Minute BOSU Ball Core Workout

How do the BOSU Home, Pro, Sport, and Elite Balance Trainers Differ.

BOSU Home Balance Trainer

The BOSU Home Balance Trainer comes in a range of striking colors. This version has an upper user weight capacity of 300 pounds, and it comes with a 90day warranty. Included with your purchase are a 4in1 Workout DVD and a second DVD containing two workouts from the Xplode series. You will also receive a BOSU Ball Owner's Manual and a foot pump.

BOSU Pro Balance Trainer

The BOSU Pro Balance Trainer comes in a choice of either blue or pink with a light gray, nonskid base. The base offers increased stability and prevents your floor from becoming marked. Its bladder weighs 8 pounds and its total weight is slightly under 19 pounds. Its upper weight limit is 350 pounds, and it comes with a 1year warranty.

Included with your Bosu Pro Balance Trainer are a training manual, a workout DVD, and a foot pump. Being compact, multiple units can be used together in a tight space. This model comes in either bright pink or bright blue with a lime green platform and feet, or blue with a black base and feet. Its warranty is 30 days. Included with your purchase are an exercise manual and a foot pump.

BOSU Elite Balance Trainer

The BOSU Elite Balance Trainer is for the serious athlete who wants to take his or her workout to the next level. Designed to improve speed, balance, and body mechanics, the Elite is split into "power line" and "power zone" training areas. This makes it suitable to use in conjunction with WeckMethod programming. It is available in black honeycomb with a gray nonskid and nonmarking base. Included with your purchase are an owner's manual, wall charts, a workout DVD, and a foot pump. It comes with a 2year warranty.

Final Thoughts on the BOSU Balance Trainer

The BOSU Ball would be a worthwhile inclusion in any exercise program. A multiuse fitness tool, it potentially provides lots of variety. In doing so, it helps alleviate boredom, which can be the deathknell to working out. Whether you want to use it for cardio, to sculpt your arm muscles, leg muscles, back, or core, improve your flexibility, coordination, balance, or all of these, I have no hesitation in recommending the BOSU Balance Trainer, which delivers on all fronts. With a Bosu Ball in your home gym, you will be able to experience the many benefits of the BOSU Ball workout for yourself. If you're looking for a tougher workout, check out the StrongBoard Balance Board, or the Terra Core Balance Trainer. Well assume youre ok with this, but you can optout if you wish. Out of these cookies, the cookies that are categorized as necessary are stored on your browser as they are essential for the working of basic functionalities of the website.

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