



BOSU®



Add balance training to increase your
STRENGTH • CARDIO • FLEXIBILITY • ENDURANCE • ENJOYMENT

Designed for all ages and activity levels



Includes BOSU® Balance Trainer, 4-in-1/XPLODE Workout DVDs, owner's manual and foot pump.

4-in-1 Workout DVD includes:

- BOSU® Calorie Combustion
- BOSU® Absolutely Abs
- BOSU® Long and Lean
- BOSU® Total Body Workout

BONUS DVD! 2 Additional Workouts from the XPLODE Cross Training Series:

BURN - Power Core **FUSE** - Balanced Endurance

Challenging and fun, the BOSU® Balance Trainer gives a whole new meaning to "moving with control" as you work out on an unstable dynamic surface.

**\$45
VALUE!
Included
FREE!**

