

BOSU Ballast Ball



"Patent Pending"

BOSU® Ballast™ Ball

Welcome to the new school stability ball training. The Ballast™ Ball stays put. Because of this feature, your ball will no longer wander around the gym. You can easily stack multiple Ballast™ Balls on top of each other, so gone are the days of unsightly storage contraptions. As if that wasn't good enough, the Ballast™ Ball opens the door to exercise progressions and dynamic drills that you simply can't perform on a regular ball. The BOSU® Ballast™ Ball includes foot pump and workout DVD.