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Thu, 06 Mar 2014 23:58:00 GMT

What is the BOSU Balance Trainer? BOSU Balance Trainer is known industry-wide as a versatile fitness device that delivers killer cardio workouts, builds strength ...

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SO WHAT'S A BOSU BALL? The BOSU Balance Trainer, often shortened to just BOSU ball, was invented in 1999 by David Weck as a more stable alternative to the traditional ...

[Bosu Balance Trainer : Target](#)

Fri, 18 Aug 2017 05:51:00 GMT

Find product information, ratings and reviews for Bosu Balance Trainer online on Target.com.

[10 BOSU Ball Exercises to Work Out Your Core & Improve Balance](#)

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Ready to mix up your workout routine? These fun and easy BOSU ball exercises will challenge your balance while improving your strength. Try them today.

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Browse our illustrated exercise guide to learn proper technique and build your custom printable workout.

[Swiss Exercise Ball | The Original Swissball by Theragear](#)

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Swiss Exercise ball by Theragear is one of today's top fitness tools. Swissball is known as stability ball, yoga ball, balance ball, pilates ball or gym ball

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