

Title:

Bosu Training Ball

Word Count:

464

Summary:

The latest rave to hit fitness centers across America is the BOSU balance trainer. You may have

This cross-training fitness invention has its origins in the field of medicine, balance, function

The BOSU Balance Trainer can be used on both sides (the name is ...

Keywords:

bosu, fitness training

Article Body:

The latest rave to hit fitness centers across America is the BOSU balance trainer. You may have

This cross-training fitness invention has its origins in the field of medicine, balance, function

The BOSU Balance Trainer can be used on both sides (the name is an acronym which stands for "

Now let's see what you can do with a BOSU trainer. You can step, walk, run, hop, jump and leap
on it. Or do some stretching. With the ball side up, you can stand, squat, sit or use it just

Most of the U. S. Olympic teams and numerous professional athletes use BOSU conditioning and t

Next time you see the BOSU in your gym, give it a try and see how it works. Don't be discourag

Enjoy the benefits!

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>