

## Balance Dome

Whether you're looking to take your workout to the next level, or want to try new and exciting challenges the Balance Dome is for you.

Looking to increase your stamina, strength, flexibility, balance or work on more sport specific training, the Balance Dome is the answer! As the Balance Dome is an unstable surface, simple exercises performed on it are made much more challenging and effective, bringing results faster.

Perhaps one of the greatest benefits of the Balance Dome is that strength is developed in smaller, stabilizing muscles. These muscles are key in terms of injury prevention but are often overlooked or left unchallenged in 'regular' exercise routines, but because the Balance Dome encourages your body to find and maintain balance, these muscles get a fantastic workout too!

The new and improved design features a complete TPR anti-slip base to replace the rubber feet and a 5cm reduction in Dome height, which makes the Balance Dome much better to use as a wobble board and for all exercises performed with the Dome to the floor.

The Balance Dome keeps your workout fresh, challenging and exciting.

Includes: Eyelets for clipping on resistance tubes and 8 hand pump to inflate the dome.



Lightweight



Eyelets



Anti-slip Base



Handles



### Technical Specifications

Rating	Commercial
Maximum User Weight	140kg 300lbs
Dimensions	H 21 (when fully inflated) x diameter 59 (cm)

### Key Features

Ideal for increasing your stamina, strength, flexibility and balance	•
Eyelets for clipping on resistance tube	•
TPR anti-slip base	•
For use at home or in the gym	•
Lightweight	•