

Bosu

Lector: Eva Šťastná

Course cod: ZKF 211

The BOSU (both sides utilized) makes exercise extra challenging. With a flat platform on one side and a rubber dome on the other, the tool adds an element of instability to your workouts, forcing you to use your core to stay steady.

BOSU workouts can also help improve your strength and balance, which is important for preventing injuries.

Venue

Gym IB307

University of Economics - W. Churchill Sq. 1938/4, 130 67 Prague 3 – Žižkov,
[mapa](#)

