

BOSU® Ballast Ball

Frequently Asked Questions

I saw BOSU® promoting a product called the DSL Ball. How is the Ballast Ball different from that product?

The BOSU® DSL Ball and the BOSU® Ballast Ball are essentially the same. They are both weighted stability balls that bring stability ball training to a whole new level. However, based on feedback from the field, we decided to make a few important changes to the product design so that more people could use the ball, and it would be more effective and exciting when used in a group exercise setting.

To accomplish this, we made the ball lighter than it was before so that participants of all ages, shapes, sizes and fitness levels could use the ball and get results. After observation and listening to feedback, we found an ideal weight. The weight we chose allows most users to get all the benefits of the heavier ball with less chance of the ball being too difficult to use by beginners or people with less strength.

We also made the ball translucent, which allows you to see the special material inside the ball. This not only makes it more interesting and fun (because you can see what is happening to the material inside when you lift it, shift it and shake it), but it also provides you with both audible and visual feedback that can help you execute the exercises more accurately and efficiently.

The BOSU® Ballast Ball has all the great properties of the BOSU® DSL Ball, but its lighter weight and translucent properties make it easier to use, easier to teach and easier to explain. Plus, it is a whole lot more fun!

Is there still a BOSU DSL Ball?

Because the new BOSU® Ballast Ball has all the great features of the original BOSU® Ballast Ball, but it is easier to use, we will be phasing out of the manufacturing of the BOSU® DSL Ball. If you liked the DSL Ball, you will LOVE the BOSU® Ballast Ball!

Are the BOSU® Ballast Balls available in different weights?

After much observation and listening to comments from the field, we found the best weight for the greatest amount of people. Because of this (and our desire to keep the product simpler for the consumer and professional), the BOSU® Ballast Ball is available in only one weight.

When using the Ballast Ball, you should find that the weight we have chosen allows you to accomplish everything you would ordinarily do with most of your clients/students, but eliminates the need to purchase a variety of different weights or make complicated choices about which weight to select for your clients/students. You will find the BOSU® Ballast Ball is weighted just right to accommodate a variety of participants, keep the ball in place and give creative exercise options.

Are the BOSU® Ballast Balls available in different sizes?

We have found that a ball of approximately 65cm is the best size for the largest number of people. With this size, you can accommodate a taller client or student, and also accommodate a shorter client or student by simply putting more or less air in the ball.

This single ball size keeps the product choice simpler for you and your students and clients, and still allows you to accommodate most participants that you would work with in a traditional setting.

A single size ball also allows you to create more consistency in your group exercise classes by eliminating the need to pick the perfect mix of different size balls to accommodate your students. With one size ball, students can simply pick the ball that "feels" the best to them based upon its inflation level, rather than being confused by multiple sizes AND inflation levels.

What is the material inside the BOSU® Ballast Ball?

The material inside the ball is a secret!

But we can tell you that it took a lot of effort to find a material that was safe to use, provided the great visual effect you see, made just the right sound and was weighted perfectly for all sorts of uses and settings. You can't use just any material to get this effect, and we think you will notice the difference!