

## BOSU FAQs

### **THE DOME OF MY BOSU® BALANCE TRAINER PULLED OUT OF THE BASE. WHAT DO I DO?**

Two reasons this issue may occur: 1) over-inflation, or 2) exposure to sunlight and/or heat sources. The dome should only be inflated between 8.5" to 10" high. To fix the BOSU® Balance Trainer, remove the plug (use a spoon to help with this,) deflate the dome completely and remove bolts from each side of the clamp, [click here for instructions](#). Then, work the bladder-ribbed edge to fit back onto the base, fit the clamp back on, tighten and re-inflate the unit. This should solve the issue.

### **HOW DO I STORE MY BOSU® BALANCE TRAINER?**

Store your BOSU® Balance Trainer out of direct sunlight. Store platform side down, dome side up. For multiple Balance Trainers avoided dome to platform contact, they should be stacked either dome to dome or platform to platform.

### **MY BOSU® BALANCE TRAINERS ARE LEAKING AN OILY RESIDUE. WHAT DO I DO?**

The oil is caused by improper stacking / storage of the BOSU® Balance Trainers. All plastics and Vinyl in this case are made from oil. When you stack the trainers where the blue ball portion is touching a black base of another unit, it will pull oil out of the ball. This is normal and goes away once washed with a mild cleaner and stacked base to base or dome to dome.

### **CAN I USE THE BOSU® BALANCE TRAINER IF I HAVE A LATEX ALLERGY?**

The dome of the BOSU® Balance Trainer is constructed of high-quality vinyl, so you shouldn't have any issues with latex allergies when using the product.