

STRONGBOARD BALANCE®: YOU CAN'T ARGUE WITH SCIENCE

UNLIKE ANY OTHER DEVICE IN THE HEALTH AND FITNESS INDUSTRIES,
STRONGBOARD BALANCE UTILIZES MULTI SPRING TECHNOLOGY™

WHAT IS IT?

The science is much simpler than you think. STRONGBOARD BALANCE® is comprised of four springs centered between a platform and a base. The springs act as a fulcrum, and create a first class lever system. This operates very much like a seesaw, but with 360 degrees of tilt around the fulcrum providing Unlimited Dynamic Articulation. When you put a living, breathing, human being on the platform, each of the four springs either compress or extend (Hooke's Law) depending on the distribution of weight, and the placement of hands or feet in relation to the center, creating immediate instability and forcing muscle contraction. When the body's equilibrium is challenged, it acts to stabilize by way of involuntary muscle contractions in both the core musculature and the smaller stabilizing muscles around the joints, which result in joint inflexions. As every action has an equal and opposite reaction (Newton's Third Law), this perpetuates variable instability across all planes of motion, which can best be described in Newton's First Law, "an object at rest stays at rest. And an object in motion stays in motion."

WHAT DOES IT DO?

MULTI SPRING TECHNOLOGY™ works with your body to deliver the perfect amount of stimulation to keep your core musculature and stabilizing muscles engaged and contracted, while training your central nervous system, improving posture, proprioception and reaction time.



WHY IS THIS MORE EFFECTIVE?...

GO BEYOND BALANCE™

UNLIKE AIR FILLED BLADDERS AND SINGULAR PLANAR DEVICES, STRONGBOARD BALANCE OFFERS:

- Easy mounting and dismounting
- Natural supination, considerably alleviating joint stress
- Ideal exercise movements, mimicking natural human stance
- Full range of motion in sagittal, frontal, and transverse planes (Unlimited Dynamic Articulation)
- Exercise anywhere, anytime, no inflation or deflation required
- Rugged durability, cannot be punctured or burst
- Constant instability, requiring total engagement during use at all times
- Varied degrees of instability at different points
- Central nervous system training without overstimulation
- The body's natural reaction to instability, resulting in increased blood flow and oxygen, healing, repairing, and strengthening muscles, tendons, ligaments and neural pathways
- Dual balance and stability training, helping users find their center of gravity while still AND in motion
- 10 different colors which may be combined for customization
- Weight capacity to 500 pounds
- 3 year manufacturer's warranty (compared to 90-day industry standard)

www.StrongBoardBalance.com
(855) 570-3890



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