

FOR IMMEDIATE RELEASE

Reviewers Hail StrongBoard Balance® for Its Effectiveness & Design

Newly Published About.com Articles Praise Ingenuity in Balance Training!

MARINA DEL REY, Calif. (September 24, 2014) – [StrongBoard Balance®](#), a new fitness balance board, was hailed for its innovative design and ability to provide diversified workouts in product reviews by About.com writers Jamaica King and Jay DiMartino. The reviews join a number of others praising StrongBoard Balance, including one in July from the prestigious American Council on Exercise (ACE), as well as a recent profile on Fox's "Good Day LA."

"The springy StrongBoard adds a targeted layer of stability to traditional strength workouts. The effectiveness of the product occurs when the user engages micro-muscles to stabilize and balance, but unlike other products, the StrongBoard provides for side-to-side and front-to-back techniques," said Jamaica "rarax3" King of About Health on About.com. "Additionally, the balance board enables variability of movement, making it well-suited for everything from injury rehabilitation to boot camps."

To read the full review, click [here](#).

The review went on to note StrongBoard Balance's effectiveness in a class setting and its wide range of uses: "Throughout the StrongBoard Burn class at 220 Fitness, I was amazed how the board could be used for basic movements like lunges and planks, but in innovative ways. Not only was the class challenging, it was quite fun - I found myself laughing and enjoying myself more than expected."

About Sports' Jay DiMartino also found StrongBoard Balance an effective fitness tool: "The StrongBoard isn't really a surf balance board, it's more of a workout tool. It's the springs that make it different. In fact, it's the springs that do everything. They set this mechanism apart from other balance boards on the market."

The full review is [here](#).

Surfers in particular would find the balance board especially effective in working key muscles for surfing, DiMartino noted: "I loved the fact that I was balance training and working those specific surf muscles all the way. When you take into consideration the knee, ankle, thigh, back, and abdominal tension that is

happening while you balance, logic would follow that your surfing will improve. In addition, incorporating the StrongBoard into your regime definitely adds added challenge and energy to the humdrum routine.”

“It’s gratifying to see that these reviewers are seeing the true value of StrongBoard Balance in providing an effective and innovative platform that will give users a challenging, full body workout,” said StrongBoard Balance creator Mike Curry.

For more information about StrongBoard Balance and where to purchase, [click here](#). A video of StrongBoard Balance in use by people of all fitness levels and age groups can be seen [here](#). To view a video of an outdoor StrongBoard Balance class, click [here](#).

Media wishing to review StrongBoard Balance may contact Adella@StrongBoardBalance.com

About StrongBoard Balance:

StrongBoard Balance is a one-of-a-kind, premiere balance platform for all levels of fitness enthusiasts. Designed to complement and intensify users’ favorite workout routines, StrongBoard Balance’s patented ‘multi-spring technology’ provides full-body fitness to increase muscle activation and calorie burn. As a portable and electricity-free platform, it allows users to train using their own body weight for resistance during full-motion exercises. Paired with a licensed physical therapist, StrongBoard Balance aids in the recovery of many injuries created by imbalance. It gently increases the patient’s flexibility, range of motion, and strength. Over time and with repeated use, exercising with StrongBoard Balance helps rebuild the bridge between the brain and the injured muscle. As users regain strength and decrease the pain associated with the injury, their range of motion increases allowing for increased blood flow and further healing. For more information, visit <http://StrongBoardBalance.com>, www.Twitter.com/StrongBoard, www.YouTube.com/user/StrongBoardBalance, or www.facebook.com/StrongBoard.

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