

## **StrongBoard Balance® Receives Rave Reviews**

### ***Revolutionary Balance Board a Hit with Professional Athletes, Students, Therapists, Trainers, and More!***

**November 4, 2013 --- MARINA DEL REY, Calif. --- [StrongBoard Balance®](#)** - “An Evolution in Fitness™” - receives rave reviews for its unlimited capacity, providing a range of workout combinations for every muscle group in a fun, efficient, and innovative way. Since the product’s launch in October, the one-of-a-kind premiere balance platforms have attracted attention and acclaim from a wide range of users, from trainers and professional athletes to housewives, physical therapy patients, kids, elderly persons, and more, all seeking an efficient method to strengthen and train the entire body.

“StrongBoard Balance is the best balance board on the market and an asset to any sports training facility,” says MLB player and motivational speaker [Steve Sax](#). “Persons who implement this exercise device into their workouts will rapidly improve their core strength and over all stamina.”

Positive reviews have also poured in from physical therapists and chiropractors.

“As a chiropractor, I had great interest in StrongBoard [Balance] for measuring balance in athletic patients, and it continues to impress me,” says [Michael Dorausch, D.C.](#). “While StrongBoard [Balance] offers an efficient method to strengthen the body, its role in measuring neurological balance (proprioception) will hold value to anyone performing such testing. StrongBoard Balance is stable, yet flexible and easy to engage upon, allowing the user to establish a neutral position before beginning activity. Since introducing it to our patients, we’ve discovered new ways to use StrongBoard [Balance] which improve balance and fitness, and patient health and wellness is our primary concern.”

The ease of use of StrongBoard Balance has been a functionality of note for many, including kids and trainers.

“I thank StrongBoard Balance for strengthening my balance and skill in my surfing, skateboarding, and even in my lacrosse play,” says 10-year-old Flynn “Flyzzard” McCue. “I love StrongBoard because I can set it down in the living room and basically surf it while I’m watching TV. Besides, it’s just plain boss.”

“When I was a freshman at Palisades High School, I tried out for the girl’s basketball team and landed a spot on the JV squad as the lead shooting guard. Shortly into the season, I forgot to wear my ankle braces one game and rolled my ankle so bad that I missed out on playing a lot of the season,” recalls student Kristen Thomason. “The next year I made the Varsity team. My biggest fear was damaging my ankles and I didn’t want to rely on having to wear ankle braces...Mike [Curry] put me through a series of

exercises using his creation, StrongBoard [Balance]. Since graduating high school and finishing playing basketball, I still maintain overall conditioning using StrongBoard [Balance] ...Using StrongBoard [Balance] takes the boredom out of working out.”

“The StrongBoard Balance device is possibly the simplest tool I have found to improve balance and enhance proprioception in my clients. DO NOT however confuse the word ‘simple’ with ‘easy!’” says trainer Russ Suchala. “Because of the simplicity, it is effective for all ages and fitness levels. I have used it to increase the functional stability of many of my clients, who range from teenage athletes to injured adults, who want to improve daily performance. I would recommend it to anyone who is looking to improve balance no matter what their current level.”

“StrongBoard Balance is fantastic! It provides multiple planes of instability, creating some of the most challenging training available. It is one of my favorite and fun tools to greatly improve my clients’ motor coordination skills while strengthening the core, the lower, and the upper body,” adds trainer [Ray Velazquez](#). “My clients simultaneously use StrongBoard Balance in combination with weights, resistance bands, and ropes providing maximum caloric expenditure resulting in fat loss in minimal time. Wish I had invented it!”

StrongBoard Balance creator Mike Curry says, “We’re thrilled with the response we have received about the StrongBoard Balance. It was my goal to create a product that appeals to all ages, to all walks of life, and to all fitness levels. The positive reviews we continue to get every day are proof that we’ve really succeeded to that end.”

StrongBoard Balance is running a social media contest for the remainder of 2013. Each week, a lucky winner will receive one of the revolutionary balance boards. There are a variety of ways to enter the contests, all utilizing social media. No purchase is necessary to win.

Weekly contests include: “Why you should win a StrongBoard Balance” [Twitter](#) and [Facebook](#) contests, user submitted videos on [YouTube](#), photo contests, and more. Hundreds of interested contestants have submitted their entries to win the revolutionary fitness board.

To participate in the StrongBoard Balance contests on Twitter, visit <https://twitter.com/StrongBoard>. To participate on Facebook, visit <https://www.facebook.com/Strongboard>. To participate on YouTube, visit <http://www.youtube.com/user/strongboardbalance>.

Media wishing to review StrongBoard Balance may contact [Adella@StrongBoardBalance.com](mailto: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 compliment 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](http://www.Twitter.com/StrongBoard), [www.YouTube.com/user/StrongBoardBalance](http://www.YouTube.com/user/StrongBoardBalance), or [www.facebook.com/StrongBoard](http://www.facebook.com/StrongBoard).

### **About StrongHold Fitness:**

We are a health and wellness company, which concentrates on making the best fitness products on the planet. We care deeply about the connection between mind and body and assert everyone has the right to be fit. This is why our products are designed for every BODY; young and old, gym rat and nine-to-fiver, those in peak physical condition, or recovering from injury. We believe BALANCE is the key to radiant life energy. With compassion for ourselves, and our planet, we can collectively achieve any goal we desire. All StrongHold Fitness™ products are proudly made in America. For more information, visit <http://strongboardbalance.com/about/>.

### **About Mike Curry:**

Mike Curry is a Certified Fitness Coach in Los Angeles with nearly 20 years of experience. He has true passion for his work and takes pride in generating long term results for his clientele, which includes a host of professional athletes, Hollywood celebrities and renowned physicians. Curry is also co-owner of Stronghold Fitness, LCC, producer of revolutionary fitness equipment items, StrongBoard Balance and StrongBoard Bench. The products employ one of Curry's many areas of fitness expertise, utilizing balance techniques to strengthen the core, build stronger stabilizing muscles and increase neuropathic communication. Curry is also an expert in nutrition counseling and motivation towards adhering to a healthy lifestyle.

### **Keywords:**

**StrongBoard Balance, StrongHold Fitness, An Evolution In Fitness, review, reviews, MLB, baseball basketball, Steve Sax, Michael Dorausch, Flynn McCue, Flyzzard, Kristen Thomason, Russ Suchala, Ray Velazquez, chiropractor, physical therapy, balance board, platform, springs, exercise, workout, fitness, evolution, revolutionary, strength, agility, flexibility, endurance, healthy, coordination, muscles, injury, rehab, rehabilitation, sports, athletes, physical trainer, motion, core strength, Mike Curry, StrongBoardBalance.com**

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For more information please contact:

General Information

[Info@StrongBoardBalance.com](mailto:Info@StrongBoardBalance.com)

Sales, Distribution & Wholesale Inquiries

[Sales@StrongBoardBalance.com](mailto:Sales@StrongBoardBalance.com)

Marketing and PR Department

[Adella@StrongBoardBalance.com](mailto:Adella@StrongBoardBalance.com)