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StrongBoard Balance Is ‘One of the Best Workout Tools Available Today,’ Reports MyMMANews.com

Article Hails Balance Board’s Ability to Give a Complete Core Workout & Athletes the Edge They Need!

MARINA DEL REY, Calif. (June 1, 2015) – [StrongBoard Balance®](#), the critically acclaimed balance board, is “one of the best workout tools available today,” states an incisive new article on MyMMANews.com. Posted last week, the story also hails the balance board’s ability to give mixed martial arts fighters and other athletes the edge they need to compete.

The article, written by Eric Kowal, features an interview with former NFL player [John Walker](#). Now a fitness trainer, Walker noted StrongBoard Balance for its ability to provide an effective and efficient workout to his MMA clients.

“I don’t think there is a greater tool that helps athletes become more familiar with their bodies,” Walker told the magazine, adding that the board “forces you to come in control with your muscles.”

Walker, a strength and conditioning coach to top mixed martial arts fighters [Uriah Hall](#), [Ashlee Evans-Smith](#), [Tony Ferguson](#), and others, said in the article he was searching for a tool that would give clients the edge they need in the cage, when he came across the StrongBoard Balance.

“I was looking for ways for my athletes to recover from lower body injuries, such as to their knees and ankles. Not just recover, but also build strength and total body awareness, and I found that [StrongBoard Balance] helps achieve that,” Walker said.

Walker has 18 boards in his gym. “Not only do [Walker’s clients] use it, they fall in love with it and request he make them use it,” Kowal wrote.

The article went on to quote UFC women’s bantamweight fighter Ashlee Evans-Smith who told MyMMANews, “I’ve used StrongBoard a few times now with my performance coach John Walker, and I only have great things to say about them. Using this unassuming piece of equipment has been a fun progression to numerous exercises in my training. StrongBoards are innovative, intense and step up from your normal training.”

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

“We’re very thankful to MyMMANews for featuring StrongBoard Balance,” said Mike Curry, the President and Founder of StrongBoard Balance. “The article demonstrates something a lot of professional athletes and trainers across the country are learning – StrongBoard Balance is a vital tool for an effective workout, whether you’re a beginner or a professional athlete.”

StrongBoard Balance is a portable, electricity-free platform resting on four compression springs, which allows people to train by using their own body weight for resistance during full-motion exercises.

Since its debut in November 2013, StrongBoard Balance has gained the attention of the fitness world and media alike, having been featured in Shape magazine, ABC, Fox, KTLA-TV, ACEFitness.org (American Council on Fitness), About.com, Yahoo’s GrindTV.com, Examiner.com, and many other media outlets.

The innovative balance board continues to garner attention and praise for providing an effective way to strengthen and work the entire body. It improves proprioception, intensifies floor workouts, tones and sculpts, and expedites results, all while increasing fat burning and weight loss. Created for every body, from young and old, fitness experts, nine-to-fivers, those recovering from injury, or in top physical condition, StrongBoard Balance is a fun, effective, and innovative way to work out.

For more information about StrongBoard Balance and where to purchase it, [click here](#).

Media wishing to attend a StrongBoard class, or review StrongBoard Balance, may contact Chris@StrongBoardBalance.com.

About StrongBoard Balance:

StrongBoard Balance is a one-of-a-kind, premiere balance board 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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