

StrongBoard Balance® Website Re-Designed with More Interactive Features

New Site Helps Balance Board Users Find Fitness Classes, Read Reviews, Learn New Exercises, & More!

MARINA DEL REY, Calif. (January 12, 2015) – The [StrongBoard Balance®](http://www.StrongBoardBalance.com) website has been redesigned with even more interactive features. Easy to navigate pages for reviews, blogs, exercise tips, and more, make finding out information about the innovative balance board easier than ever.

“We’ve incorporated the requests and advice of gym owners, trainers, and all those who use StrongBoard Balance in their workouts. Now the all-new website better meets the needs of our balance board users,” said StrongBoard Balance creator Mike Curry. “It’s our goal to provide a fully interactive website with the latest information on exercise classes, new routines, as well as create a community for users to connect with each other in a meaningful way.”

StrongBoard Balance is a portable, electricity-free platform that rests on four compression springs that allow users to train by using their own body weight for resistance during full-motion exercises.

The new and easier to navigate website, www.StrongBoardBalance.com, offers users a variety of new features such as the reviews, tips, hints, and exercises for the StrongBoard Balance. For advanced users, it offers information on physical therapy, sports training, and more. For those seeking to try out or purchase the unique balance board, the new site offers a search feature to locate neighborhood gyms and trainers utilizing StrongBoard Balance.

Other website features include:

- An events section with calendar listings, expos, and special events.
- Contest information.
- Blogs from a variety of experts and users.
- All-new social media sharing capabilities.
- Dedicated page for the media.
- Brand new videos from the experts with tips, new exercises, and more.

Personal trainers, gym-owners, and managers may also visit the site and directly add their information for their local community to access.

The StrongBoard Balance website offers a variety of features meant to enhance the user’s experience. Its Learning Center provides videos and photos of exercise techniques developed specifically for the StrongBoard Balance workout. With easy-to-read instructions, visitors can learn step-by-step how to maximize their training experience.

Design and development for StrongBoardBalance.com is provided by [Pam Blizzard](#), a professional web consultant with over 15 years of experience in online digital media, e-commerce, and social media management.

Since its debut last year, the balance board has gained attention and praise from consumer product reviewers and health and fitness experts alike for its ability to provide an efficient method to strengthen and train the entire body. Users of all ages and fitness levels can use the board, whether in peak physical condition, recovering from injury or those beginning their journey toward a healthier lifestyle.

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](#).

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, www.YouTube.com/user/StrongBoardBalance, or www.facebook.com/StrongBoard.

Keywords:

StrongBoard Balance, StrongBoard, Balance, StrongHold Fitness, An Evolution In Fitness, physical therapy, balance board, platform, exercise, workout, fitness, evolution, revolutionary, strength, agility, flexibility, endurance, healthy, coordination, muscles, injury, rehab, rehabilitation, sports, athletes, physical trainer, motion, core strength, Pam Blizzard, StrongBoardBalance.com

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