

FOR IMMEDIATE RELEASE

StrongBoard Balance® Now Offering ACE Accredited Certificate Course with Continuing Education Credits (CECs)

First Course Will Be Hosted in Los Angeles in February, with Requests for Other Areas Being Accepted!

LOS ANGELES (January 19, 2016) – The makers of [StrongBoard Balance®](#) are now offering an [American Council on Exercise \(ACE\)](#) accredited certificate course with continuing education credits (CECs). Beginning in February, the course will educate fitness professionals to train and instruct using the critically acclaimed balance board.

The first StrongBoard Balance Personal Trainer and Instructor Certification courses will be offered on February 6 and March 5 in Los Angeles. The program will give participants the opportunity to add StrongBoard Balance training to their resume in order to teach individuals and groups on how to benefit from the balance board named a top training tool for 2015 by [ACE](#) and the Best Buy Stability Product for 2016 by [FitProf.net](#).

In an effort to keep the course personal and intimate, there are only 20 spaces available in each class. Any persons may participate in the course but to receive a certificate and continuing education credits participants must already hold a fitness license from an accredited organization. For a list of accredited fitness organizations, click [here](#).

To sign up, learn more, or request a certification course in a specific city, click [here](#).

“Course participants will gain the ability to create a full training program that is flexible enough to fit the specific needs of virtually any client or group exercise demographic,” said Mike Curry, fitness expert and creator of StrongBoard Balance. “The course will delve into everything from the importance of balance training and the elements that make it a vital fitness tool, to understanding form and technique on an unstable surface, as well as key safety protocols for StrongBoard Balance.”

The course includes a StrongBoard Balance Training Course Manual and eight hours of comprehensive instruction on important elements of balance training. Attendees will learn to develop a curriculum to execute exercises, assessing clients to create suitable training program, identifying and describing positions on the balance board, and more. The course cost is \$295. Students wishing to purchase a StrongBoard with the certification can save 25% on the board, bringing it's cost down to \$200 and the total cost to \$495.

“StrongBoard Balance is quickly becoming a preferred fitness tool for many around the country. It is beneficial to anyone, from beginners and novice to advanced, as well as those seeking to rehab injuries,” Curry said. “This course is indispensable to fitness professionals

who want to grow their client base, while helping those clients improve balance and posture, gain core strength, develop an improved connection between mind and body, tone muscles, and lose excess weight.”

Those who like to travel and are interested in teaching other fitness professionals how to implement StrongBoard Balance into their program may also apply for the StrongBoard Balance Master Trainer Program. To learn more, click [here](#).

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.

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.

Keywords:

StrongBoard Balance, StrongBoard, Balance Board, StrongBoardBalance.com, ACE, American Council on Exercise, Mike Curry, certification, certificate course, Balance Training, An Evolution In Fitness, 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, Los Angeles, February 6, March 5

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