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StrongBoard Balance Named ‘Best New Fitness Equipment – 2016’ by Active.com

Popular Fitness, Health, & Event Site Features Balance Board in Spring Gift Guide!

LOS ANGELES (April 4, 2016) –[StrongBoard Balance®](#), a state-of-the-art balance board featuring multi-spring technology, was named “The Best Spring Fitness Gear of 2016” by Active.com. Reviewers for the popular site declared StrongBoard Balance the Best New Fitness Equipment on the market.

In the article outlining the top fitness equipment, authors Cat Perry and Hunter Hewitt described StrongBoard Balance’s versatility and ability to offer an effective workout. To read the complete article, click [here](#).

Perry and Hewitt wrote: “The board adds difficulty and a balance factor to dozens of bodyweight exercises and with a creative mind, the possibilities seem endless. A quick, effective workout can include alternating between some bodyweight squats, push-ups, and mountain climbers.”

“We’re grateful to be recognized on Active.com’s list of top fitness equipment,” said Mike Curry, fitness expert and creator of StrongBoard Balance. “Active.com is a trusted source for fitness and athletic products, and it’s gratifying to see more and more people discover the benefits of balance training through StrongBoard Balance.”

The honor comes as more fitness media is touting the effectiveness of StrongBoard Balance as a powerful workout tool. On March 30 and 31, StrongBoard Balance was ranked 3rd on a list of top trending products by [TrendHunter.com](#). In January, StrongBoard Balance was among the “12 Products to Help You Achieve Your Health and Wellness Goals” by [YogiApproved.com](#). That came a month after it was named Best Buy Stability Product for 2016 by [FitProf.net](#).

For purchase information about StrongBoard Balance, 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 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 www.StrongBoardBalance.com, www.Twitter.com/StrongBoard, www.YouTube.com/user/StrongBoardBalance, or www.Facebook.com/StrongBoard.

Keywords:

StrongBoard Balance, StrongBoard, Active.com, The Best Spring Fitness Gear of 2016, Balance Board, StrongBoardBalance.com, Mike Curry, 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, 3rd ranked product, TrendHunter.com, YogiApproved.com, FitProf.com

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