

MEDIA ADVISORY
September 20, 2016

StrongBoard Balance Offers ‘Zero Gravity Training’ Class in Irvine

Media Is Invited to See How Balance Board Improves Agility, Balance & Core Strength for Surfers, Pro Athletes & Others!

IRVINE, California (September 20, 2016) – StrongBoard Balance® is teaming with Raw Functional Training (RFT) to offer a “Zero Gravity Training” class in Irvine to improve agility, balance and core strength for the area’s community of surfers, professional athletes and fitness enthusiasts.

Media members are invited to attend no charge to experience first-hand how the pros train to master the skills needed to compete at the highest level. For inquiries, e-mail info@StrongBoardBalance.com.

The 60-minute class will give participants an unparalleled workout with certified personal instructors and the acclaimed balance board. The course is designed to improve balance, awareness, proprioception, agility and function for optimal athletic performance.

“Balance training is vital to surfers, mixed martial artists, other professional athletes and first responders who must often perform while off balance and in high stress situations where proper execution is critical,” said Mike Curry, fitness expert and creator of StrongBoard Balance. “You don’t need to be a pro athlete or a longtime fitness enthusiast to use StrongBoard Balance. Whether you’re looking to lose weight, tone muscles, rehab an injury or improve your overall health, this is one of the most diverse workout tools on the market!”

The class will begin on September 20 and 24 and held at 6 p.m. Tuesdays and 10:30 a.m. Saturdays with instructor Shirley and RFT creator Da Rulk. The specialized program with the innovative balance board works the entire body, providing extra focus and attention on the abdominals, hips, buttocks, and arms. The class produces an effective combination of balance training, core strengthening, resistance, and cardio. Working out on StrongBoard Balance takes users of all fitness levels beyond their comfort zone, while delivering profound results. Users experience changes in how they look and feel, as well as an overall improvement in balance, core strength, agility, and posture.

Named a top training tool for 2015 by [ACE](#) and the Best Buy Stability Product for 2016

by FitProf.net, StrongBoard Balance is a portable, electricity-free platform that provides a full-body workout and gives optimum results. It rests on four compression springs, which allows people to train by using their own body weight for resistance during full-motion exercises.

Since its 2013 introduction, fitness experts have cited the StrongBoard Balance for improving proprioception, working the entire body and providing an intense workout that tones, sculpts and strengthens muscles while increasing fat burning and weight loss.

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, Zero Gravity Training, Irvine, training class, StrongBoardBalance.com, one-on-one training, certified personal trainer, 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, Tuesdays, Saturdays, September 20, September 24

###

For more information please contact:

General Information

Info@StrongBoardBalance.com

Sales, Distribution & Wholesale Inquiries

Sales@StrongBoardBalance.com

Marketing and PR Department

Sarah@StrongBoardBalance.com