

FOR IMMEDIATE RELEASE

Santa Monica's Drive Cardio Adds StrongBoard Balance to Its Innovative Fitness Program

Private Gym on Entrada Coaches State-of-the-Art Balance Training for Elite Clientele!

SANTA MONICA (December 6, 2016) – [StrongBoard Balance®](#) is now a part of [Drive Cardio](#)'s fitness program after the Santa Monica-based gym began offering the acclaimed balance board at its exercise stations this month. This small private gym is nestled between the sweet spot of Santa Monica and the Palisades and boasts excellent trainers who are well-educated, have a strong knowledge base in fitness and empower their clients to extend themselves into evolving technology like StrongBoard balance.

“The StrongBoard Balance offers our clients a full-body workout while burning calories, toning muscle and providing balance training at the same time,” said Thierno Diallo who owns the exclusive gym, located at 135 Entrada Drive, Santa Monica, CA 90402.

With the holiday's swiftly approaching fitness enthusiasts from the most tepid to the most adventurous in their journey to better health and improved quality of life seek out unique classes like Drive Cardio who in turn seek out innovative workout equipment that is easy to use, maximizes calorie-burn in a short amount of time, saves space and is caters to any fitness level in their youth or seasoned and established.

“Adding the StrongBoard Balance to our fitness program gives us an added dimension that we otherwise would not have with another fitness tool,” added Tina DiModica who also owns Drive Cardio.

Clients using the StrongBoard Balance will be able to use the state-of-the-art balance board during their daily routines to improve their flexibility, range of motion, and core strength. Users, with the aid of fitness trainers will also learn the benefits of balance

training through a variety of exercise routines and techniques created specifically for the StrongBoard Balance. As the countdown to 2017 narrows down to just days, Strongboard is continuing to branch and evolve the fitness world post Thanksgiving holiday. Consumers want better solutions to improve their fitness efforts and are assessing what new tools are deemed “splurge-worthy” to become healthier, stronger and more balanced in the new year.

“We want to welcome Drive Cardio to the StrongBoard family,” said Mike Curry, fitness expert and creator of StrongBoard Balance. “Owners Theirno and Tina have built an intimate fitness studio for personal training and small group circuit classes that services an elite clientele. Their hands on approach, coupled with a dedication to functional, strength and balance training provides an effective and safe workout that is customized for all fitness levels. We are honored to partner with Drive Cardio for next-level balance training.”

StrongBoard Balance is an American-made, one-of-a-kind balance board created for all levels of fitness enthusiasts, including athletes, those rehabbing injuries, first responders, and others. StrongBoard’s patented “multi-spring technology” provides a full-body workout to increase muscle activation, reaction time, and calorie burn, allowing users to harness the strength needed to perform at their peak in any situation.

For more information on Cardio Drive, visit www.drivecardio.com or call (310) 459-3171.

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 user’s’ 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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