

FOR IMMEDIATE RELEASE

StrongBoard Balance® Uses Science to Take Balance and Stability Training to New Levels

Fitness Company Presents the Unique Benefits of MULTI SPRING TECHNOLOGY™



LOS ANGELES (July 25, 2018) – The makers of the StrongBoard Balance® have made public the science behind their innovative platform. Supported by evidence proven in Hooke’s Law and Newton’s Laws, MULTI SPRING TECHNOLOGY™ when activated, recruits more muscles than existing balance platforms, and offers an unparalleled, multiplanar approach to both balance and stability training.

The board’s effectiveness comes when a user stands on the platform, the four springs either extend or compress – which is stated in Hooke’s Law – and each progression from this point, depends on the distribution of weight and the placement of hands and feet in relation to the center or fulcrum. The spring compression and extension creates immediate instability, forcing a user to contract muscles in both the core musculature and the smaller stabilizing muscles around the joints.

As [Newton's Third Law](#) states, "Every action has an equal and opposite reaction." Therefore every contraction to stabilize perpetuates an opposite reaction, thus creating variable instability across all planes of motion. Once the action and reaction chain is initiated [Newton's First Law](#) comes into play asserting, "An object at rest stays at rest, and an object in motion stays in motion."

StrongBoard Balance helps users find their center of gravity while stationary (over the fulcrum) AND in motion (in various progressions away from the fulcrum). The contractions occur automatically and involuntarily when any weight is applied to the platform. This results in increased blood and oxygen flow to the engaged areas which improves healing, repairing and strengthening of muscles, tendons, ligaments and neural pathways.

"In the simplest terms, MULTI SPRING TECHNOLOGY™ works with your body to deliver the perfect amount of stimulation to keep your core musculature and stabilizing muscles engaged and contracted, while training your central nervous system, improving posture, proprioception and reaction time," said Mike Curry, fitness expert and creator of StrongBoard Balance. "From professional athletes to fitness enthusiasts to the average person who wants to be healthy, StrongBoard Balance® is changing the way people view and experience balance and stability training."

StrongBoard Balance is a portable, non-electrical 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 springs act as a fulcrum and create a first-class lever system that operates much like a seesaw, but with 360 degrees of movement around the fulcrum providing unlimited dynamic articulation.

For more information visit StrongBoardBalance.com.

Esteemed members of the media may request StrongBoard Balance® or StrongBoard MINI® for review and editorial consideration by emailing Saul@StrongBoardBalance.com with their media outlet and qualifications.

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 utilizes MULTI SPRING TECHNOLOGY™ (MST). MST works with your body to deliver the perfect amount of stimulation to keep your core musculature and stabilizing muscles engaged and contracted, while training your central nervous system, expediting calorie burn, improving posture, proprioception and reaction time. StrongBoard is portable and electricity-free. It is a functional fitness tool which allows users to train using their own body weight, or modalities, alone, with a personal trainer, or in group exercise. From yoga to kickboxing, athletic conditioning to gaming, StrongBoard plays well with others. Simply standing

on StrongBoard Balance provides a complete core workout. Performing basic exercises on StrongBoard engages more muscles than the same exercises on the floor. It also requires focus and supports mindfulness. From the novice to the advanced, StrongBoard Balance Board delivers profound results to all, creating desired changes in how users look and feel along with huge improvements in balance, core strength, agility, and posture.

About StrongBoard MINI:

Featuring 4” compression springs in chrome, StrongBoard MINI is 2” shorter than StrongBoard Balance. Its patented MULTI SPRING TECHNOLOGY™ (MST) offers users the same benefits as StrongBoard Balance but with more rigidity, making it less reactive and easier to use while still providing a full range of motion and Unlimited Dynamic Articulation. Perfect for physical therapy, seniors, those who are afraid of heights, or living with a neurological disorder, StrongBoard MINI is portable and electricity-free. Its platform rests upon four compression springs, allowing individuals to train using their own body weight.

Keywords:

StrongBoard Balance, StrongBoard, Balance Board, StrongBoardBalance.com, MULTI SPRING TECHNOLOGY, MST, compression springs, Go Beyond Balance, Mike Curry, fitness expert, fitness professionals, Balance Training, An Evolution In Fitness, balance board, platform, springs, exercise, workout, fitness, evolution, revolutionary, strength, agility, flexibility, endurance, healthy, coordination, muscles, injury, rehab, rehabilitation, sports, athletes, motion, core strength

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