

FOR IMMEDIATE RELEASE

StrongBoard Balance® Available for Purchase on New Website

***Engage All Muscle Groups with One Piece of Equipment,
Designed for Home and Professional Gyms***



LOS ANGELES (August 25, 2020) – [StrongBoard Balance®](#), the stability trainer featuring MULTI SPRING TECHNOLOGY™, is back and available to ship through its brand new website. StrongBoard Balance targets all muscle groups and has exercise programs for every skill levels, making it perfect for home gyms as well as professional training facilities. Its physical therapy counterpart, StrongBoard MINI®, is also available and shipping now. To shop StrongBoard Balance products, click [here](#).

Media interested in learning more about StrongBoard Balance or its versatile fitness programming may contact Cody@StrongBoardBalance.com.

“We are thrilled to have inventory on the shelves and to be able to fill orders,” said Mike Curry, founder of StrongBoard Balance. “I am proud to watch our StrongBoard Balance family grow. Being able to provide customers an essential and effective tool for their everyday workouts is a dream come true.”

Debuting on StrongBoard's newly designed website is [Exercise On Demand](#), a complete guide for owners to optimize their fitness goals with over 1,000 specific exercises. Anyone can find the perfect workout guide with its easy search options for muscle group, skill level and position. The robust learning center can be found on the website's intuitive dashboard. For more inspiration, tips and tricks, follow StrongBoard on [Instagram](#).

More than a balance board, StrongBoard's [MULTI SPRING TECHNOLOGY™](#) provides 360 degrees of multi-planar variation around its fulcrum, also known as Unlimited Dynamic Articulation™ or UDA. Various positions allow users to isolate specific muscles, or engage in aerobic and anaerobic combinations to activate all muscle groups simultaneously. StrongBoard users can achieve a *full* body workout, burning more calories in less time than doing the same exercises on the floor or stable surface. StrongBoard's unique engineering prevents a user from stabilizing, requiring total muscle engagement, forcing strength gains, increased endurance and improved reaction times.

For more information, visit the [StrongBoard Instagram page](#) or [StrongBoardBalance.com](#).

About StrongBoard Balance:

StrongBoard Balance is a one-of-a-kind, premiere stability 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 [StrongBoardBalance.com](#), [Instagram.com/StrongBoardBalance](#), [Twitter.com/StrongBoardHQ](#), [YouTube.com/user/StrongBoardBalance](#), or [Facebook.com/StrongBoard](#).

Keywords:

StrongBoard Balance®, stability trainer, MULTI SPRING TECHNOLOGY™, brand new, website, muscle groups, exercise programs, skill levels, home gyms, professional training facilities, physical therapy, StrongBoard MINI®, shipping, Mike Curry, everyday workouts, muscles, fitness, Unlimited Dynamic Articulation™

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