

**FOR IMMEDIATE RELEASE**

# **StrongBoard Balance® Debuts from Stronghold Fitness**

## ***New Balance Board Is ‘An Evolution in Fitness,’ Increasing Strength & Stamina Through Balance & Focused Weight Training!***

**October 7, 2013 --- MARINA DEL REY, Calif. ---** Stronghold Fitness announces its new workout product, StrongBoard Balance® - “An Evolution in Fitness™.” The revolutionary balance board increases strength and stamina, while optimizing physical health – all through balance and focused weight training.

StrongBoard Balance is shipping now. Visit [www.StrongBoardBalance.com](http://www.StrongBoardBalance.com) for options, pricing and more information. The official StrongBoard Balance website launched today with a variety of features, including FAQ, testimonials, social media links, and an interactive shopping cart. The site also offers an online Learning Center, with over 20 videos showing a variety of exercises performed on StrongBoard Balance, categorized by muscle groups such as abs, arms, back, buns, chest, and legs.

Qualified distributors may contact [Sales@StrongBoardBalance.com](mailto:Sales@StrongBoardBalance.com) to acquire wholesale pricing.

Media professionals covering health and fitness may contact [Adella@StrongBoardBalance.com](mailto:Adella@StrongBoardBalance.com) to set up product review, demonstrations, or interviews with the creator.

“We are really excited to bring StrongBoard Balance to the market,” says Stronghold Fitness co-owner and StrongBoard Balance designer Mike Curry. “It is the culmination of over half a decade of research, designs, tests, and refinement, in order to provide the most effective means of fitness training.”

Designed to compliment and intensify users’ favorite workout routines, [StrongBoard Balance](http://www.StrongBoardBalance.com)’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.

“Strength, endurance, and flexibility are often considered the trifecta to an effective workout, but balance is of equal importance,” explains Curry. “The ability to properly balance and overcome instability directly impacts the effectiveness of strength and coordination. It creates good posture, prevents injury, and enables active and healthy living.”

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.

StrongBoard Balance is a one-of-a-kind, premiere balance platform for all levels of fitness enthusiasts. "Stepping onto StrongBoard Balance signifies a commitment to a healthier and improved lifestyle," says Curry.

### **About StrongHold Fitness:**

We are a health and wellness company, which concentrates on making the best fitness products on the planet. We care deeply about the connection between mind and body and assert everyone has the right to be fit. This is why our products are designed for every BODY; young and old, gym rat and nine-to-fiver, those in peak physical condition, or recovering from injury. We believe BALANCE is the key to radiant life energy. With compassion for ourselves, and our planet, we can collectively achieve any goal we desire. All StrongHold Fitness™ products are proudly made in America.

### **About Mike Curry:**

Mike Curry is a Certified Fitness Coach in Los Angeles with nearly 20 years of experience. He has true passion for his work and takes pride in generating long term results for his clientele, which includes a host of professional athletes, Hollywood celebrities and renowned physicians. Curry is also co-owner of Stronghold Fitness, LCC, producer of revolutionary fitness equipment items, StrongBoard Balance and StrongBoard Bench. The products employ one of Curry's many areas of fitness expertise, utilizing balance techniques to strengthen the core, build stronger stabilizing muscles and increase neuropathic communication. Curry is also an expert in nutrition counseling and motivation towards adhering to a healthy lifestyle.

### **Keywords:**

**StrongBoard Balance, Stronghold Fitness, 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, Mike Curry, Adella Curry, StrongBoardBalance.com**

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