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StrongBoard Balance® Gets High Marks from the American Council on Exercise

Newly Published Review Hails Balance Board as ‘Effective Tool for Any Fitness Professional!’

MARINA DEL REY, Calif. (July 17, 2014) – [StrongBoard Balance®](#), a new fitness balance board, has received high marks in a product review by the prestigious [American Council on Exercise \(ACE\)](#). The review, published today on the organization’s website, hails the product’s design, effectiveness and adaptability for users.

To read the full review, click [here](#).

“The shape of the platforms allows the user to use the board both with a narrow foot or hand position or a standard foot or hand position. This variability significantly changes the amount of stability required to perform an exercise,” the review reads.

The review noted StrongBoard Balance’s wide range of uses. “With correct coaching and proper progression the board could be an effective tool for any Fitness Professional,” stated the article. “From rehab to sports performance, bootcamps and group training, this equipment had a broad range of applications.”

ACE’s highlights of the board include how StrongBoard “creates a fun way to try traditional exercises. StrongBoard also “offers different exercise options for a wide variety of populations,” and “can be used on its own for balance movements or combined with other equipment, such as dumbbells.” The board is also “for use indoors and outdoors.”

“We have been looking forward to the council’s review of StrongBoard Balance and are honored by their assessment. They are the definitive voice in the fitness community, and their endorsement does not come lightly. This is a huge milestone for StrongBoard Balance,” said StrongBoard Balance creator Mike Curry.

For more information about StrongBoard Balance and where to purchase, [click here](#). A video of StrongBoard Balance in use by people of all fitness levels and age groups can be seen [here](#). To view a video of an outdoor StrongBoard Balance class, click [here](#).

Media wishing to review StrongBoard Balance may contact
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About StrongBoard Balance:

StrongBoard Balance is a one-of-a-kind, premiere balance platform 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, An Evolution In Fitness, American Council on Exercise, ACE, routines, circuit training, StrongBoard class, review, reviews, 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, Mike Curry, StrongBoardBalance.com

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