

FOR IMMEDIATE RELEASE

StrongBoard Balance® Named one of 2015's Top Training Tools by ACE Fitness Blog

Revolutionary Balance Board Cited for Challenging the Mind, While Effectively Training the Body!

MARINA DEL REY, Calif. (February 18, 2015) – [StrongBoard Balance®](#), the revolutionary balance board, was named to a list of top training tools for 2015 by Fitnovatives Blog on the [ACE, American Council on Exercise](#), website.

The popular blog written by [Jessica Matthews](#), assistant professor of exercise science at Miramar College, lists StrongBoard Balance among its “10 Training Tools You Should Check Out in 2015.” To see the blog, click [here](#).

ACE-certified fitness trainers from across the country recommended the 10 products selected for the article. The balance board was cited for its effectiveness and for challenging the mind during workouts.

“This is a great piece of equipment that I personally use with my clients because it brings a new dynamic to efficiently challenge the mind while training the body and improving balance,” said [Mike Z. Robinson](#) of [MZR Fitness](#) in San Luis Obispo, California.

“It’s amazing the great response we’re hearing from fitness trainers who’ve tried out the StrongBoard Balance with their clients,” said StrongBoard Balance creator Mike Curry, an ACE Certified Personal Trainer in West Los Angeles with nearly 20 years of experience. “We’re very happy to see StrongBoard showcased as a top training tool on the ACE website. It confirms trainers and their clients are seeing the benefits and effectiveness of StrongBoard Balance.”

Since debuting on the market in November 2013, StrongBoard Balance has been featured in [Shape Magazine](#), [KTLA Morning News](#), [Good Day LA](#), [About.com](#), [Frontiers magazine](#), [ABC7 Eyewitness News](#), [Examiner.com](#), [ACEFitness.org](#), and many other media outlets.

Continuing to garner attention and praise, StrongBoard Balance is a portable, electricity-free platform resting on four compression springs, which allows people to train by using their own body weight. It improves proprioception, intensifies floor workouts, tones and sculpts, and expedites results, all while increasing fat burning and weight loss. Created for every body, from young and old, fitness experts, nine-to-fivers, those recovering from injury, or in top physical condition,

StrongBoard Balance is a fun, effective, and innovative way to workout.

For more information about StrongBoard Balance and where to purchase it, [click here](#).

Media wishing to attend a StrongBoard class, or review StrongBoard Balance, may contact Chris@StrongHoldFitness.com.

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 Board, Balance Training, Fitnovatives Blog, Jessica Matthews, StrongHold Fitness, An Evolution In Fitness, 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, Shape Magazine, KTLA Morning News, Good Day LA, About.com, Frontiers magazine, ABC7 Eyewitness News, Examiner.com, ACEFitness.org

###

For more information please contact:

General Information

Info@StrongBoardBalance.com

Sales, Distribution & Wholesale Inquiries

Sales@StrongBoardBalance.com

Marketing and PR Department

Chris@StrongHoldFitness.com