

**FOR IMMEDIATE RELEASE**

# **StrongBoard Balance® Now Available with Green Compression Springs**

***Club Owners Can Customize Balance Boards with Any Combination of 6 Standard Colors, 3 Premium Colors, & Unlimited Custom Colors***

**MARINA DEL REY, Calif. (July 28, 2015)** – [StrongBoard Balance®](#) founder and creator, ACE certified, celebrity trainer Mike Curry, has just announced the addition of GREEN to its premium compression spring colors. “Over the last year, we’ve had a lot of requests for green springs, and by adding this to our inventory, it allows us to offer this option at an affordable price to our customers,” said Curry.

The IDEA World Fit Convention July 15-19 provided a venue to present the addition of green to StrongBoard’s inventory. To date, there are six standard-colored springs available: red, white, blue, yellow, orange, and black; and three premium-colored springs available: pink, purple, and now green. A full range of custom colors is also available. To view images of all the StrongBoard colors, click [here](#).

Exhibiting for the second time at IDEA, StrongBoard Balance raised awareness of the state-of-the-art balance board that has helped lead the way in the use of balance training as an effective method to enhance daily workout routines.

Riding a high since the show started, Curry continues, “We are excited by the great response to StrongBoard at IDEA. Our workshop and booth provided more exposure, and it is always awesome to spend time with like-minded fitness professionals over the course of this show. It’s the best show on the West Coast to meet the people who are running the personal training and group X classes at small gyms.”

At the event, Curry led “[StrongBoard Balance®: A Guide to Balance Therapy and Training](#)” seminar, where he spoke about the anatomy and biomechanics critical to balance training. Participants were put through an intense workout designed to strengthen and engage the entire body by challenging the stabilizing muscles and targeting the weakest muscles of the body.

ACE, the American Council on Exercise, named StrongBoard Balance one of [2015’s top training tools “you should check out.”](#) In the article, ACE certified trainer [Mike Z. Robinson](#), of [MZR Fitness](#), said, “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.”

In a [review of StrongBoard posted on ACEFitness.org](#), the organization wrote, “From rehab to sports performance, bootcamps and group training, this equipment had a broad range of applications...Overall the StrongBoard Balance provides the ability to train balance, core strength and posture. Its portability makes it easy to take anywhere and there is no set up required. It is shipped ready to use.”

StrongBoard Balance is a portable, electricity-free platform that rests on four compression springs allowing users to train by using their own body weight for resistance during full-motion exercises.

Since StrongBoard debuted on the market at the end of 2013, the [balance](#) platform has attracted attention and praise for its ability to provide an efficient method to strengthen and train the entire body. StrongBoard Balance compliments and intensifies users' favorite workout routines. All ages and fitness levels can use the board, whether in peak physical condition, recovering from injury, or starting down the path of a healthy lifestyle.

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](#).

Media wishing to review StrongBoard Balance may contact [Chris@StrongBoardBalance.com](mailto:Chris@StrongBoardBalance.com).

Fitness trainers interested in bringing StrongBoard Balance classes to their area may email [Info@StrongBoardBalance.com](mailto:Info@StrongBoardBalance.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](http://www.Twitter.com/StrongBoard), [www.YouTube.com/user/StrongBoardBalance](http://www.YouTube.com/user/StrongBoardBalance), or [www.facebook.com/StrongBoard](http://www.facebook.com/StrongBoard).

### **Keywords:**

**StrongBoard Balance, StrongBoard Balance, An Evolution In Fitness, IDEA World Fit Convention, Colored Springs, Mike Curry, balance board, spring board, fitness board, balance training, platform, exercise, workout, fitness, evolution,**

**revolutionary, strength, agility, flexibility, endurance, healthy, muscles, trainer, motion, core strength, green, red, white, blue, black, orange, yellow, pink, purple,**  
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