

FOR IMMEDIATE RELEASE

# **StrongBoard Balance® to Air Fitness Class on Periscope**

***October 3<sup>rd</sup> Periscope Viewers Will Have Full Access to a Strongboard Balance Class to Ask Questions & Comment***

**LOS ANGELES (October 2, 2015)** – [StrongBoard Balance®](#), the critically acclaimed balance board, will be featured in a fitness broadcast to be aired through [Periscope](#)'s live streaming app on October 3, beginning at 8:30 am PDT.

The broadcast will document a StrongBoard Balance class in Wildomar, Calif. led by health and fitness expert [Erin Hartley](#), owner of [Exercise for Vitality](#) in Wildomar. The class will demonstrate how StrongBoard Balance provides users with an effective way to work and strengthen their entire body. Those taking the class, or participating through the Periscope broadcast, can burn up to 1,000 calories in an hour.

Anyone interested in watching the broadcast live may do so via the Periscope app or online at <https://www.Periscope.tv/StrongBoardBalance>. The video will remain on StrongBoard Balance's channel for 24 hours. Viewers may also submit comments and ask questions during the broadcast via the app.

Media members may attend the class in-person by e-mailing [Chris@StrongBoardBalance.com](mailto:Chris@StrongBoardBalance.com).

"Periscope is an ideal way to introduce our new balance board to the entire world, and Erin's class will demonstrate how to effectively use StrongBoard for balance training, which is pivotal to physical health," said Mike Curry, fitness expert and creator of StrongBoard Balance. "StrongBoard Balance is geared for everyone, from novice and beginners to advanced, as well as those seeking to rehab injuries. It's a dynamic and ideal way to tone muscles, train your body, and lose that excess weight!"

StrongBoard Balance is a portable, electricity-free platform resting on four compression springs, which allows people to train by using their own body weight for resistance during full-motion exercises.

The revolutionary balance board continues to gain media attention since its 2013 debut. Most recently, it was featured on [Telemundo](#), as well as in Vegan Health and Fitness

magazine. StrongBoard Balance has also been featured in Shape magazine, ABC, Fox, KTLA-TV, ACEFitness.org (American Council on Fitness), About.com, Yahoo's GrindTV.com, Examiner.com, and many other media outlets.

Trainers and users of StrongBoard continue to praise the innovative board for providing an effective way to strengthen and work the entire body. 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 work out.

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

### **About StrongBoard Balance:**

StrongBoard Balance is a one-of-a-kind, premiere balance 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 <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 Board, Periscope, streaming app, Mike Curry, Erin Hartley, Exercise for Vitality, Wildomar, Balance Training, 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**

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