

FOR IMMEDIATE RELEASE

StrongBoard Balance to Exhibit at the NSCA Tactical Strength & Conditioning Annual Training Show

***Attendees Invited to Meet Balance Board Executives, Participate
in Demos at the San Diego Event, April 25-28!***

SAN DIEGO, Calif. (April 22, 2016) – [StrongBoard Balance®](#) will be exhibiting at the National Strength and Conditioning Association's [2016 Tactical Strength and Conditioning Annual Training Show](#) on April 25-28. It will be held at [Marriott Mission Valley](#), 8757 Rio San Diego Drive, San Diego, CA 92108.

Produced by [NSCA](#), the event gives fitness professionals the opportunity to sharpen their skills, develop new tools, and improve their ability to train tactical athletes. Among those participating will be leading experts in law enforcement, military, and first responder fields, who will speak on topics such as mitigating injury risk, strength and conditioning, exercise physiology, nutrition, job-specific training, and more. The appearance marks the first time StrongBoard Balance has participated in the event.

"We're very excited to be a part of the 2016 Tactical Strength and Conditioning Annual Training Show," said Mike Curry, StrongBoard Balance creator and ACE certified personal trainer. "It's a great opportunity to demonstrate to an entirely new segment of the market how StrongBoard Balance is an effective and efficient balance board for all levels of users, and a vital tool for trainers."

Attendees and members of the media are invited to visit the StrongBoard Balance booth, No. 14-16, to meet executives, demo the balance board, and learn more about its unique capabilities.

American-made StrongBoard Balance is a one-of-a-kind, premier balance board for all levels of fitness enthusiasts, as well as elite tactical professions. Designed to complement and intensify users' favorite workout routines, StrongBoard's patented "multi-spring technology" provides full-body fitness to increase muscle activation, reaction time and calorie burn, allowing military, fire and rescue, law enforcement, protective services, and other emergency personnel to harness the strength needed to perform at their peak in any situation.

The acclaimed balance board's effectiveness is praised by fitness experts:

"Best Buy Stability Product for 2016," - FitProf.net

"2016 Best New Fitness Equipment," - Active.com

"Top 10 Training Tools You Should Check Out in 2015," - Fitnovatives Blog, AceFitness.Org

"Best 12 Products to Help You Achieve Your Health and Wellness Goals," - YogiApproved.com

"One of the best workout tools available today," - Eric Kowal, MyMMANews.com

For purchase information about StrongBoard Balance, click [here](#). A video of StrongBoard Balance in use by people of all fitness levels and age groups can be seen [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 www.StrongBoardBalance.com, www.Twitter.com/StrongBoard, www.YouTube.com/user/StrongBoardBalance, or www.Facebook.com/StrongBoard.

Keywords:

StrongBoard Balance, StrongBoard, National Strength and Conditioning Association, NSCA, 2016 Tactical Strength and Conditioning Annual Training Show, Marriott Mission Valley, San Diego, StrongBoardBalance.com, Mike Curry, 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, Active.com, The Best Spring Fitness Gear of 2016, Balance Board, 3rd ranked product, TrendHunter.com, YogiApproved.com, FitProf.com

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