

FOR IMMEDIATE RELEASE

The Creators of StrongBoard Balance® Are Excited to Announce the Release of StrongBoard Mini™

Featuring 4” Springs, StrongBoard Mini™ Is An Evolution in Physical Therapy & Senior Fitness!

MARINA DEL REY, Calif. (October 26, 2015) – The creators of [StrongBoard Balance](#) are excited to announce the release of StrongBoard Mini™, an easier-to-use balance board featuring four-inch springs – two inches lower than the critically acclaimed original.

The all-new StrongBoard Mini was developed for practitioners of fitness and physical therapy, chiropractors, and persons who are afraid of heights, seniors, anyone living with a neurological disorder, ADHD or Autism, recovering from a stroke, or rehabilitating a joint or abdominal injury. It is also a great starter board for anyone new to balance training and wishing to strengthen the communication between body and mind.

“A few of my clients in physical therapy requested a version of StrongBoard Balance that was a bit less challenging, but with the same benefits,” said Mike Curry, fitness expert and creator of StrongBoard Balance. “I handmade a couple of boards with four-inch springs for them, and the response was profound. After about 100 group exercise classes catering to people of all fitness levels, I started to see a bigger demand to have both options.”

“StrongBoard Mini allows users to get the same effective workout that activates muscles and restores blood and oxygen to affected areas without the intimidation or challenge of six-inch springs. Customer feedback is a huge component in our philosophy. If we really want to improve the quality of people’s lives, we have to listen to what they want,” Curry added.

Featuring 4” compression springs, StrongBoard Mini is 2” shorter than StrongBoard Balance. Its innovative design offers the same functions as StrongBoard Balance, but with more rigidity, making it easier to use while still providing a full range of motion and 360 degrees of tilt. StrongBoard Mini is portable and electricity-free. Its platform rests upon four compression springs, allowing individuals to train using their own body weight for resistance during full-motion exercises.

The primary function of StrongBoard Mini is to strengthen weak or injured

muscles. Simply standing on StrongBoard Mini provides a complete core workout. When performing basic exercises, such as squats or push-ups, StrongBoard Mini users experience real results much faster than traditional core workouts targeting the same muscle groups.

Despite its shorter springs, StrongBoard Mini gives an amazing workout and delivers profound results to persons of all levels of fitness, creating desired changes in how they look and feel and improvement in balance, core strength, agility, and posture.

The springs for the StrongBoard Balance Mini are available in chrome only. The original version comes in nine different colors that may be viewed [here](#).

The revolutionary balance board has gained much media attention since its 2013 debut. It has been featured on [Telemundo](#), as well as in Vegan Health and Fitness magazine, 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. Each time the board is covered, the media reviews are extremely positive. The reviews on Amazon.com reinforce the board's impact on the market, as users continue to rate StrongBoard Balance a perfect 5-stars on average.

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](#).

The StrongBoard Balance Mini (SKU: SBMN-1) retails for \$269.00. For more information, please visit <http://strongboardbalance.com/product/strongboard-balance-mini/>.

Media wishing to review StrongBoard Balance and StrongBoard Balance Mini may contact Sarah@StrongBoardBalance.com

Fitness trainers interested in bringing StrongBoard Balance classes to their area may email Info@StrongBoardBalance.com.

StrongBoard Mini

Weight: 14 lbs.

Shipping Weight: 17 lbs.

Dimensions in Inches: 18" X 26" X 8"

Colors: Dark Grey / Black with Chrome Springs

SKU: SBMN-1

Retail Price: \$269.00

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, StrongBoard Balance Mini, Mike Curry, four-inch springs, balance board, spring board, fitness board, balance training, platform, exercise, workout, fitness, evolution, revolutionary, strength, agility, flexibility, endurance, healthy, muscles, trainer, motion, core strength, StrongBoardBalance.com

###

For more information, please contact:

General Information

Info@StrongBoardBalance.com

Sales, Distribution & Wholesale Inquiries:

Sales@StrongBoardBalance.com

Marketing and PR Department

Adella@StrongBoardBalance.com

Sarah@StrongBoardBalance.com