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StrongBoard Balance® Cited for its Effectiveness in Certified Magazine

The Official Publication of the American Council on Exercise Hails the Acclaimed Board as a Powerful Balance Training Tool!

LOS ANGELES (February 14, 2018) – [StrongBoard Balance®](#) is being hailed as an effective balance training tool in this month's issue of Certified Magazine, the official publication of the [American Council on Exercise \(ACE\)](#).

Jonathan Ross, health and fitness expert and contributor to the magazine authored the article "StrongBoard: An ACE Integrated Fitness Training® Model-based Workout" where he cited StrongBoard Balance for its ability to provide an effective workout through The ACE Integrated Fitness Training® (ACE IFT®) Model. The model was created as a tool to help health and fitness professionals deliver custom, individualized exercise programs built on a foundation of meaningful rapport and strong personal connection.

To read the full article, click [here](#).

"Balance training is often approached in widely accepted, yet misguided ways. For example, the usual test of balance is to stand on one leg and keep your eyes closed. This is very demanding, but also makes little sense," Ross wrote. "In life, we most often have our eyes open and we are moving, whether on one or both legs. And these movements are often performed in response to something in the outside world."

But Ross noted that StrongBoard Balance offers a certified balance training regimen that combines stability with mobility while giving users a challenging, but effective workout: "...to develop strength, you need to challenge the body's muscles by making them temporarily weaker in a challenging strength-training effort. With balance, however, you might feel that you aren't training effectively if you lose your balance at any point, but this is exactly what creates the greatest training stimulus."

He added: "A well-designed balanced board features a stable surface with underlying instability and provides enough challenge to cause the exerciser to occasionally lose balance. For the most part, however, movements can be performed well with constant micro-corrections to body

positioning. Additionally, to be most effective, the movements on the board should mimic real-life movements as much as possible.”

Ross went on to identify a number of exercises that can be used to complement and intensify favorite balance training exercises. They include the rocking squat, which shifts body weight from one leg to the other; the squat, which involves bending and lifting; the rocking plank, which involves planking on the board then move into a triceps press, and several other exercises.

“I’m extremely pleased with the articulation of the information in this article,” said Mike Curry, fitness expert and creator of StrongBoard Balance. “The author, Jonathan Ross, did an exemplary job describing the benefits of balance training and indicated many key things to consider when choosing a balance product. As an ACE certified Personal Trainer, it is a huge honor to be featured in Certified Magazine and this is something we will pull from and share with our community indefinitely.”

StrongBoard Balance is a portable and electricity-free platform that employs patented multi-spring technology which promises users will never find a point of stabilization. Compressing under any weight bearing load, including the human body, StrongBoard’s springs are both reactive and dynamic. Featuring over 180 degrees of combined tilt in all directions, simply standing on StrongBoard requires total core engagement.

For more information about StrongBoard Balance, visit www.StrongBoardBalance.com.

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’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, StrongBoardBalance.com, Certified Magazine, article, Jonathan Ross, fitness expert, ACE, American Council on Exercise, Mike Curry, fitness professionals, certification, certificate course, Balance Training, physical therapist, platform, springs, exercise, workout, fitness, strength, flexibility, health, muscles, injury, physical trainer, motion, core, imbalance

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