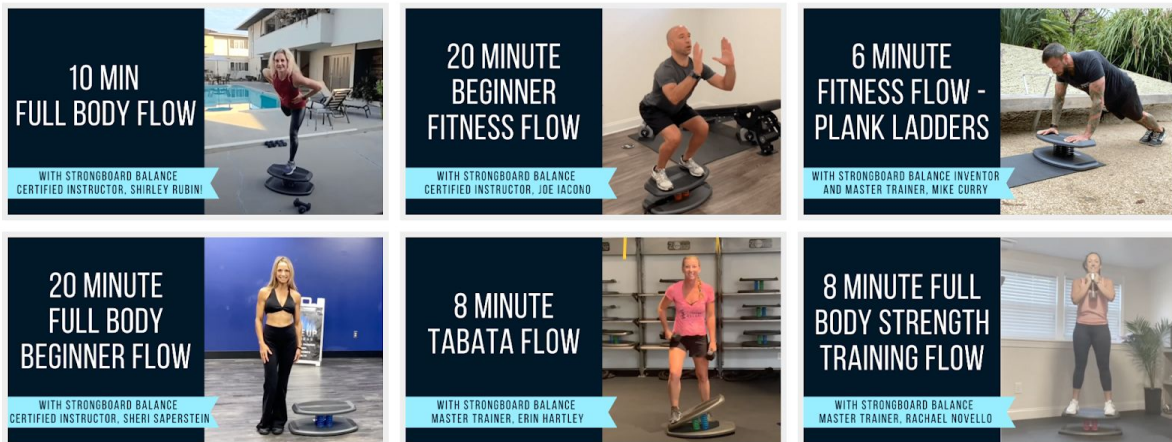


FOR IMMEDIATE RELEASE

StrongBoard Balance® Adds Flows to its Exercise on Demand Channel

Certified Group Fitness Instructors Share 5, 10 and 20 Minute Workout Videos Featuring the Popular Board



LOS ANGELES (September 15, 2020) – [StrongBoard Balance®](#), the stability trainer featuring MULTI SPRING TECHNOLOGY™, has added new Flows to its [Exercise on Demand](#) channel. Led by certified group fitness instructors Rachael Novello, Sheri Saperstein, Erin Hartley, Shirley Rubin, Joseph Iacono, and Mike Curry, the workout videos range from 5 to 20 minutes. Each fitness flow is designed to be a quick and effective workout delivering fast results to persons of every skill level. To access the new videos and hundreds of creative exercises visit Exercise on Demand on the StrongBoard Balance website.

Media interested in learning more about StrongBoard Balance or its versatile fitness programming may contact Cody@StrongBoardBalance.com.

Available Flows Include:

- *Beginner Flow* - Full Body Beginner - 20min - Sheri Saperstein
- *Beginner Instructional Flow* - Full Body Beginner - 20min - Joseph Iacono
- *Strength Training Flow* - Full Body Intermediate - 8min - Rachael Novello
- *Full Body Flow* - Full Body Intermediate - 10min - Shirley Rubin

- *Tabata Flow* - Full Body Intermediate - 8min - Erin Hartley
- *Fitness Flow / Plank Ladders* - Full Body Intermediate - 6min - Mike Curry
- *Six Position Fitness Flow* - Full Body Intermediate - 20min - Mike Curry

“Having these Flows, in addition to the rest of our Exercise on Demand library, is amazing for people looking to optimize their StrongBoard workout experience,” said Mike Curry, founder of StrongBoard Balance. “We are honored to work with such incredible instructors who truly show the benefits of using StrongBoard equipment to its fullest extent.”

The [Exercise on Demand](#) channel is a complete guide for StrongBoard owners to achieve their fitness goals. Featuring new Flows added every week and hundreds of available exercises, anyone can find the perfect workout guide with its easy search options by muscle group, skill level and position. The robust learning center can be found on the website’s intuitive dashboard. For more inspiration, tips and tricks, follow StrongBoard on [Instagram](#).

“Being a part of the StrongBoard team has become essential to my brand,” said StrongBoard Balance Master Trainer Rachael Novello, CEO of Rachael Novello Fitness. “Having the ability to provide specific workouts that enhance every aspect of what makes StrongBoard unique is both fun and educational. I’m looking forward to hearing the response of people using the Flows to get the most out of their at-home workouts.”

More than a balance board, StrongBoard’s [MULTI SPRING TECHNOLOGY™](#) provides 360 degrees of multi-planar variation around its fulcrum, also known as Unlimited Dynamic Articulation™ or UDA. Various positions allow users to isolate specific muscles, or engage in aerobic and anaerobic combinations to activate all muscle groups simultaneously. StrongBoard users can achieve a *full* body workout, burning more calories in less time than doing the same exercises on the floor or stable surface. StrongBoard’s unique engineering prevents a user from stabilizing, requiring total muscle engagement, forcing strength gains, increased endurance and improved reaction times.

For more information, visit the [StrongBoard Instagram page](#) or [StrongBoardBalance.com](#).

About StrongBoard Balance:

StrongBoard Balance is a one-of-a-kind, premiere stability 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 StrongBoardBalance.com, [Instagram.com/StrongBoardBalance](https://www.instagram.com/StrongBoardBalance), [Twitter.com/StrongBoardHQ](https://twitter.com/StrongBoardHQ), [YouTube.com/user/StrongBoardBalance](https://www.youtube.com/user/StrongBoardBalance), or [Facebook.com/StrongBoard](https://www.facebook.com/StrongBoard).

Keywords:

StrongBoard Balance®, stability trainer, **MULTI SPRING TECHNOLOGY™**, exercise, channel, Flows, Exercise on Demand, certified group fitness instructors, Rachael Novello, Sheri Saperstein, Erin Hartley, Shirley Rubin, Joseph Iacono, videos, muscle groups, skill level, Mike Curry, workout guide, learning center, inspiration, tips, tricks, **Unlimited Dynamic Articulation™**, aerobic, anaerobic, strength gains, increased endurance, improved reaction times

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