

FOR IMMEDIATE RELEASE

StrongBoard Holds LIVE Facebook Event March 22 at 4:30 PM PT

*The Online Q&A will be Hosted by StrongBoard Balance
Founder/Inventor Mike Curry*



LOS ANGELES (March 21, 2022) – Mike Curry, the founder and inventor of [StrongBoard Balance](#), the stability trainer with [MULTI SPRING TECHNOLOGY™](#), will be hosting a [Live Facebook event](#), “Introduction to StrongBoard Balance and Q&A” on March 22, at 4:30 pm PT.

Everyone is welcome to tune in to learn about the applications and versatility of StrongBoard Balance and its physical therapy counterpart, [StrongBoard MINI®](#). Media interested in learning more about StrongBoard or its adaptable fitness programming may contact Madison@StrongBoardBalance.com.

“I am excited to interact with our audience and to have an opportunity to share my thoughts about balance and stability training as well as the benefits StrongBoard offers its users,” said Mike Curry, founder of StrongBoard Balance. “I love watching our StrongBoard family grow and I can’t wait to hear your questions and feedback.”

During the hour-long Facebook event, the audience will have the opportunity to ask Mike questions about the importance of stability and balance, in a special round of Q&A, where everyone can learn how to optimize their time on StrongBoard to reach specific goals.

More than a balance board, StrongBoard Balance provides 360 degrees of multi-planar variation around its fulcrum, also known as Unlimited Dynamic Articulation™. Various positions allow users to isolate specific muscles, or engage in aerobic and anaerobic combinations to activate all muscle groups simultaneously. Unlike air filled bladders, StrongBoard responds to

the slightest body movement, which makes it a challenging and effective full body workout tool. Check out the [science behind StrongBoard](#) and learn more about it [here](#) to stay up to date before and after the Facebook Live event.

For more information, visit StrongBoard on [Instagram](#), [Facebook](#), [YouTube](#) or its official [website](#).

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](#), [Twitter](#), [YouTube](#), or [Facebook](#).

About Mike Curry:

Mike Curry is an ACE Certified Personal Trainer in West Los Angeles with over 25 years of experience. He is passionate about education and takes pride in generating quick, long-term results for his clients, which includes a host of professional athletes, Hollywood celebrities and renowned physicians. Curry is also co-owner of StrongHold Fitness, LLC., and creator of StrongBoard Balance® and StrongBoard MINI®. With the ultimate goal of helping others live their best life, the products Mike brings to market make working out fun while utilizing MULTI SPRING TECHNOLOGY™ to improve balance, strengthen the core, stabilizing muscles, and increase neuropathic communication.

Keywords:

StrongBoard Balance®, stability trainer, MULTI SPRING TECHNOLOGY™, Facebook Live, exercise programs, skill levels, essential gym tool, StrongBoard MINI®, Mike Curry, everyday workouts, active life, muscles, fitness, Unlimited Dynamic Articulation™

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For StrongBoard Balance Marketing & PR Information, please contact:

Madison

Madison@StrongBoardBalance.com

StrongBoardBalance.com

