

FOR IMMEDIATE RELEASE

StrongBoard Balance® Fitness Posters Now Available

Easy-to-Follow, Customizable 10, 20, 30, 40, & 50-Minute Exercise Plans Provide Visual Workout Guide

MARINA DEL REY, Calif. (June 25, 2014) --- [StrongBoard Balance®](#) fitness posters are now being packaged with the purchase of new boards, while laminated and downloadable versions are for sale on [StrongBoardBalance.com](#). The [poster](#) offers customizable home and gym workouts broken down into effective ten-minute routines. These routines can be combined or mixed and matched for twenty, thirty, forty or full fifty-minute circuit training sessions, all utilizing the revolutionary balance board.

Each workout featured on the poster targets a different body part and experience level, including two separate Upper Body and Lower Body routines, and Full Body workouts for Beginner, Intermediate, and Advanced users.

“The response to StrongBoard has been extremely positive for all levels of users,” StrongBoard Balance creator [Mike Curry](#) says. “For those who are looking for an easy to reference workout guide, this poster offers easy solutions to integrate StrongBoard Balance into any workout. Whether you’re into boxing, Tabata, Pliates, Yoga or Body Sculpting, once you step on StrongBoard Balance, you’ll understand how it intensifies any existing floor routine.”

To purchase the laminated StrongBoard Balance Workout Routine poster, click [here](#).

StrongBoard Balance classes are currently being featured in West Los Angeles area, such as the group exercise classes at [220 Fitness](#) in Santa Monica and [Burton Chace Park](#) in Marina del Rey.

Classes at 220 Fitness are free for members and non-members attending the class for the first time. The classes continue to be free for members, and \$15 per class for non-members, thereafter.

- Tuesdays: 7:45pm with Instructor [Karyl Sands](#)
- Thursdays: 8:00am with Instructor Karyl Sands
- Saturdays: 11:15am with Instructor [Sarah Ann Corkum](#)

Since the product's launch in late 2013, StrongBoard Balance has attracted praise for its ability to provide an efficient method to strengthen and train the entire body. It improves proprioception, intensifies floor workouts, tones and sculpts, and expedites results; all while increasing fat burning and weight loss. Created for every body, from young and old, fitness experts, nine-to-fivers, those recovering from injury, or in top physical condition, StrongBoard Balance is a fun, effective, and innovative way to workout.

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](#). To view a video of an outdoor StrongBoard Balance class, click [here](#).

Media wishing to review StrongBoard Balance may contact Adella@StrongBoardBalance.com

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, StrongHold Fitness, An Evolution In Fitness, poster, routines, 10 minute workout, circuit training, 220 Fitness, Santa Monica, StrongBoard class, review, reviews, 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, Mike Curry, StrongBoardBalance.com

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