


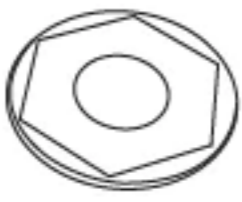
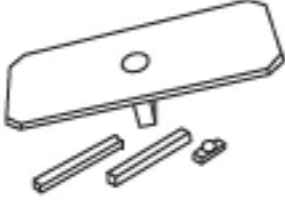


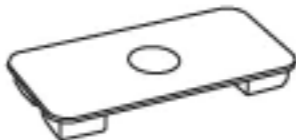








Product Guide

● Beginner ■ Intermediate ◆ Advanced ◆◆ Very Advanced

Name & Specs	Product	Weight Limit	Applications
Classic Balance Board - 16" Dual level: 14° & 17° ● See exercises, page 8		250 lbs	Active Standing Early rehab Family fitness Home & office
Pro Rocker Board - 20" Tri-level: 10°, 12° & 15° ● See exercises, page 8		350 lbs	Early to mid rehab Seniors & beginners Single-plane balance Home & clinic
Pro Balance Board - 20" Tri-level: 10°, 12° & 15° ● ■ See exercises, page 8		350 lbs	Mid to late rehab Family fitness Daily maintenance Home, clinic & gym
Pro Balance Board - 16" Tri-level: 15°, 17° & 20° ■ ◆ See exercises, page 8		350 lbs	Late rehabilitation Athletic training Fitness training Home & gym
Pro Combo Board - 24" 4 interchangeable fulcrums ● ■ See exercises, page 8		400 lbs	All levels of rehab Single-plane balance Family fitness Clinics, clubs & gyms
Pro Combobble Board - 24" Tri-level: 10°, 12° & 15° ■ See exercises, page 8		400 lbs	Late rehabilitation Athletic training Dynamic fitness Clubs & gyms
Pro Weeble Board - 11" Tri-level: 22°, 25° & 28° ■ ◆ See exercises, page 11		300 lbs	Dynamic workouts Athletic training Squat training Core strength

● Beginner ■ Intermediate ◆ Advanced ◆◆ Very Advanced

Name & Specs	Product	Weight Limit	Applications
Active Office Board - 24" 4 adjustable foam legs ● ■ See exercises, page 10		350 lbs	Active Standing Sit-stand desks Light balance training Home & office
Soft Board Beginner - 23" 4 foam corner legs ● See exercises, page 10		350 lbs	Early rehabilitation Seniors & beginners Dynamic workouts Home & clinic
Soft Board Rocker - 23" Middle half-cylinder leg ● ■ See exercises, page 10		350 lbs	Mid to late rehab Family fitness SUP training Home, clinic & gym
Soft Board Advanced - 23" Single centre leg ■ ◆ See exercises, page 10		350 lbs	Late rehabilitation Athletic training SUP training Home & gym
BoardRock - 31" Deck with flexing spheres ◆ See exercises, page 13		350 lbs	Athletic training Action sports training Family fitness Home, clubs & gyms
Extreme Balance Board - 30" 360° rotation & lateral shift ◆◆ See exercises, page 12		400 lbs	Athletic training Dynamic fitness Family fitness Home, clubs & gyms
Bongo Board - 31" Dual-bearing roller & deck ◆◆ See exercises, page 12		350 lbs	Athletic training Action sports training Family fitness Home, clubs & gyms