

Wobble Board BF7671




Wobble Board improves balance, coordination and overall body shape. Build trunk and pelvic stability. Tilt and twist your way to increased ankle range of motion! Firm abs: great for situps and pushups and try it at the office as a foot rest! Enhanced balance, coordination, and range of motion are key benefits for athletes at every level. The 16-inch disc of hard, durable plastic rests on a spherical base, allowing 360 degrees of movement over 10-20 degrees of tilt. Controlling the motion of the board engages the user both mentally and physically, encouraging body awareness and cooperative movement.



- Build pelvic stability and increase ankle range of motion.
- Fitness Guide Included.

 **DOWNLOAD
FITNESS GUIDE**

 **PRINT
PRODUCT SHEET**

 The Surgeon General has determined that everyone should get 30 minutes of moderate physical activity five days of the week.™

- Always consult a physician before performing any physical activity.
- No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of using this product.