

# Balance Board (68 GBP)



Location **London, London**  
<https://www.freeadsz.co.uk/x-456739-z>



As the moment the one stands on the balance board his/her body tells what to do. Anyways, you need to know that this funky trainer helps to develop your vestibular system, strengthen your ligaments and shape both your core (!) muscles and lower body (thighs, hamstrings, hips). It is a fun way to improve your balance and body control for any board experiences such as surfing, skateboarding, wakeboarding, snowboarding and others. Perfect for beginners and younger users. Balance board will enhance and can be combined with many other exercises, weight training, calisthenics and yoga to name a few. It will also give you a winning edge in sports where sense of balance is important - football, hockey, tennis, martial arts and of course DANCE. Enjoy! Facebook/Soaphillboards Ebay.co.uk/Soaphillboards [www.soaphillboards.com](http://www.soaphillboards.com) ;



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