

Wobble Board Balance Cushion Gym Core Exercise

RRP: \$59.95

Enhance your balance, coordination, and flexibility with the Randy & Travis Exercise Balance Board. Elevate your core strength and enjoy a playful experience with this stability-boosting board. Beyond being a mere workout tool, it serves as an entertaining activity for both adults and children within the comfort of your home. Whether you're seeking to enhance your routine at home or at the gym, this balancing trainer is an impeccable companion.

You can engage in exercises while seated or standing, engaging muscles and honing balance akin to a gymnastic ball. By introducing instability into your workouts, this board compels your core muscles to exert greater effort. Experience a comprehensive workout that targets your legs, abdomen, and back. Elevate your strength, coordination, and posture as you incorporate push-ups or sit-ups into your routine on this dynamic platform.

Crafted with convenience in mind, the exercise board boasts built-in ergonomic handles on each side, ensuring effortless transportation. This means you can seamlessly integrate it into your fitness regimen wherever and whenever you desire. Its textured surface guarantees a secure grip, while the non-slip coating on the underside safeguards against any balance disruption. With a maximum weight capacity of 120 kg, you can confidently embark on a transformative fitness journey.

Specifications:

- Diameter: 40 cm
- Height: 10 cm
- Weight: 1.4kg

