

Balance trainer (balance disc) with grips

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Product code: SR00227



Characteristics:

The MSD Balance Board Freeman is an effective tool for balance training and rehabilitation exercise. Stand on the rounded platform and start balancing. This is a great tool to strengthen your ankles and thigh muscles. The handgrips on the bottom are used for upper body balancing and workouts.

Technical characteristics:

- Composition: Hard plastic
- Package dimensions: 45 x 45 x 7 cm (L x W x H)
- Weight: package: 2 kg
- Cleaning: Rinse easily with water and soap
- Storage: Store in cool, dry place.

- See more at: <http://www.quirumed.com/en/msd-mambo-balance-board-freema.html#sthash.81fhM4TO.dpuf>

Designed for equivalent training and coordination with handles. It is also ideal for muscle exercises. Coach balance is reinforced with special holders allowing for exercises the muscles of the upper parts.

Size: 45 x 45 x 7 cm