



ENP PLASTIC BALANCE BOARD

SKU: TT19123

~~8.50 €~~ **6.99 €**

Stock: In stock

Categories: [Balance Boards / Cushions](#),
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[Fitness Accessories](#), [Medical & Physio](#)



PRODUCT DETAILS

The ENP Plastic Balance Board is a versatile and effective fitness tool designed to enhance balance, stability, and core strength. This durable balance board is crafted from high-quality, non-slip plastic material, ensuring safety and stability during use. Its compact and lightweight design makes it suitable for both home and gym use, allowing you to incorporate balance training into your fitness routine with ease.

Key Features:

1. **Durable Construction:** The balance board is constructed from sturdy plastic material, ensuring longevity and durability even under heavy use.
2. **Non-Slip Surface:** The top surface of the balance board features a textured, non-slip design that enhances grip and prevents accidents during exercises.
3. **360-Degree Rotation:** The balance board allows for a full 360-degree rotation, providing a dynamic and challenging experience for users at various fitness levels.
4. **Adjustable Difficulty:** The balance board's level of difficulty can be adjusted by controlling the angle of tilt, making it suitable for beginners as well as advanced users.
5. **Compact and Portable:** Its compact size and lightweight design make it easy to store and transport, enabling you to use it at home, the gym, or even outdoors.
6. **Versatile Training Tool:** The ENP Plastic Balance Board can be used for a wide range of exercises, targeting different muscle groups and enhancing overall body stability.

Exercise Benefits:

1. **Improved Balance and Stability:** Regular use of the balance board challenges your body's stability muscles, helping to improve your overall balance and coordination. This has practical benefits for everyday activities and sports performance.
2. **Core Strength Enhancement:** The constant need to stabilize yourself while using the balance board engages your core muscles, leading to improved core strength and stability over time.
3. **Joint Strength and Flexibility:** Balancing on the board engages your ankle, knee, and hip joints, promoting joint strength and flexibility. This can help prevent injuries and improve joint health.
4. **Enhanced Proprioception:** Proprioception refers to your body's awareness of its position in space. Using the balance board enhances proprioceptive abilities, leading to better body awareness and control.
5. **Muscle Engagement:** Various exercises on the balance board involve different muscle groups, including leg muscles (quads, hamstrings, calves), glutes, and even upper body muscles as you maintain stability.
6. **Injury Rehabilitation:** The balance board can be a valuable tool for injury rehabilitation, helping to regain stability and strength in a controlled manner under the guidance of a healthcare professional.
7. **Functional Fitness:** The skills developed through balance board exercises translate to improved performance in functional activities, such as walking on uneven surfaces or

navigating obstacles.

Sample Exercises:

1. **Basic Balance:** Stand on the balance board with feet shoulder-width apart. Hold the position for a specific time duration, gradually increasing it as your balance improves.
2. **Single-Leg Stance:** Similar to the basic balance, but lift one leg off the board, holding the stance with the other leg. Switch legs after a set time.
3. **Squats:** Perform squats on the balance board, maintaining stability as you lower and raise your body.
4. **Plank Balance:** Assume a plank position with your hands on the balance board. Hold the plank while keeping the board steady.
5. **Tilted Squats:** Tilt the balance board to one side and perform squats while keeping the board tilted. This adds an extra challenge to your leg muscles and core.
6. **360-Degree Rotations:** Balance on the board and use your hips to rotate it in a full circle. This exercise targets core muscles and enhances coordination.
7. **Push-Ups:** Place your hands on the balance board and perform push-ups, engaging your stabilizing muscles for added intensity.

BRAND

ENJOY PLAY



Dimentions When Assembled (LxWxH)
Other Details

Diameter: 39.5cm
Colour: Red and Black