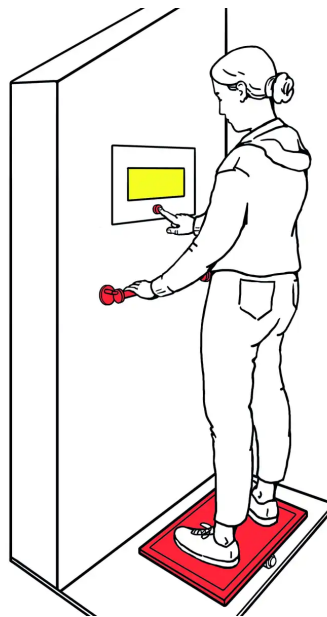


Balance Trainer

How long can you stand on the balancing board?



Hold onto the hand rail as you step up onto the balance board.

Adjust your position, push the button, and then let go of the rail to start the timer.

Try different standing positions.

With practice, you can learn to balance for many minutes on this type of equipment. You can improve your time with each try.

Balance boards can be used for gymnastic training or physical therapy. The sense of balance learns to detect more subtle shifts and corrections in posture just as it does when one learns to surf or ski.