



# **Stability Workouts on the Balance Board: Illustrated Step-by-Step Guide to Toning, Strengthening and Rehabilitative Techniques**

*Karl Knopf*

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**THE FIRST BOOK DEDICATED EXCLUSIVELY TO THE BALANCE BOARD FEATURING OVER 200 STEP-BY-STEP PHOTOS**

Unleashing the power of the balance board, this guide provides highly effective workouts that quickly produce noticeable results. Whether you're looking to sculpt a stunning physique, tone muscles, or improve general fitness, there's a specifically designed program to address your individual needs.

*Stability Workouts on the Balance Board* offers over 100 safe, straightforward exercises that teach beginners good posture, balance and strength while helping more advanced athletes enhance their sporting lives. With your balance board and this book, you'll quickly learn how to build strength in both primary and secondary muscles throughout the body as well as:

- **Increase core strength**
- **Improve balance**
- **Tone muscles**
- **Release tension**
- **Rehabilitate Injuries**

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