

View Online at <https://aerobasegroup.com/nsn/7830-01-577-3519>

**Overall Length:**

22.000 inches

**Overall Height:**

6.000 inches

**Overall Width:**

29.000 inches

**General Description:**

Fitness workout board combines strength training, yoga and aerobics conditioning; improves balance, stability; may be used i physical therapy; 3 dimensionally unstable balance platform responding to movement; lever adjusts stability; tilts, swivels and rocks in all directions; grated rubber top; 8 resistance tubing attachment sites; requires exercise video

**Shelf Life:**

N/a

**Unit Of Measure:**

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**Demilitarization:**

No