



## NOHrD Eau Me Board blue



Patented balance board with water, which provides constant balancing movements. Trains the balance and the deep muscles.

CHF 299.00

The Eau-Me Board is a new generation balance board - the patented combination of classic balance training and the element of water.

**Unique - The water - Patented technology: The water creates new impulses.**

The water follows a will of its own and works against the athlete - the result: With every movement the direction changes, no typical pattern is recognizable and the body has to react immediately to these seemingly arbitrary stimuli.

Basically, a balance board is suitable for all ages, regular use will promote fitness and balance in a way that is easy on the joints - at home, at work or in the gym.

Simply put, the Eau-Me Board is all about balance - the device suggests an unstable, unstable surface. As such, the body is engaged at all times as the board tilts in one direction. The balancing movements through the deep muscles take place almost unconsciously, the body learns during the training to implement the constantly new stimuli and impulses.

**Balance Boards - for a good body feeling**

Balance Boards and Balance Pads are fun and provide numerous positive training effects. Not only can balance and body awareness be improved - Balance Boards are also ideal fitness equipment for increasing motor skills, fitness and strength.

Numerous small balancing movements address the deep muscles, which are often neglected in



everyday life, and that is the secret of coordination training. The deep muscles, in interaction with the entire body, ensure more efficient movement and long-lasting body stability. Balance Boards and Balance Pads are used in everyday life, fitness, rehabilitation and prevention.

Balance Boards have a stable tread surface that is mounted on an attachment. The user stands on the tread of the Balance Board and can train his coordination by balancing on the heel of the Balance Board.

### **The training effects - improving balance and coordination**

Sports scientists and doctors agree: strength and endurance are not enough to keep the body healthy and efficient. Coordination and balance are just as important in everyday life and for practicing many sports. A good sense of balance protects us from falls and injuries and prevents back pain due to poor posture or one-sided stress. The best way to train coordination is with specific exercises and on special training equipment such as balance boards. Balance training is excellent to do at home with both simple and more complex training equipment.

### **The joy of balancing: How balance boards work**

A balance board has a flat, usually round base and a rounded underside. The latter ensures that the stand on the balance board is unstable and can only be maintained by constant balancing movements. This is exactly what makes the exercises on this training device so enormously effective. Because in order to maintain balance, you activate the deeper lying muscle groups, which are often referred to as the supporting muscles in specialist circles. These small muscles help the back to maintain an upright posture and stabilize the ankles, knees and hips.

Coordination and balance skills are also trained through the constant plumbing. Both contribute to a better body feeling. However, it doesn't always have to be the classic balance board. Balance equipment in general offers beginners, experienced, hobby and competitive athletes alike the opportunity to quickly achieve noticeable results with just a few minutes of training per day.

### **Those who train regularly with the balance board can achieve the following goals:**

- A more upright posture
- A better sense of balance
- less joint pain
- less back problems
- a faster reaction in special situations (for example, if you stumble)
- an improvement of the general reaction speed (for example when playing tennis)

maximum load 250kg

diameter 64cm

weight 7,5kg

The footboard is made of multiplex board with real wood veneer.

**The Shark  
Fitness Company**



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