



Fitwood Balance Board ALAVA birch cork



ALAVA Balance Board is a simple but effective tool that will help you improve your core strength, coordination and balance in the comfort of your own home. Thanks to its small size, you can easily take it with you wherever you go, and its beautiful and carefully crafted design ensures that you'll always have your workout at hand, as you won't have to hide it between training sessions.

CHF 199.00

The board is designed for training body control and strength. Good body control reduces the risk of injury and balance training can help improve your posture, coordination and aid rehabilitation. Because the exercises are based on training with your own body weight and there are countless ways to increase the difficulty level, ALAVA is suitable for anyone who wants to improve their balance, as well as advanced board athletes. As a rule, the harder the surface, the faster it goes. We therefore recommend starting your balance training on an exercise mat or other slightly softer surface. ALAVA guarantees fun and challenge for everyone, regardless of age or level, but be warned - balancing on the board is addictive once you get into it.

The ALAVA Balance Board is made of high-quality birch wood from sustainable forests and is available in birch and white. The board comes with a solid cork roller made of natural cork, which can also be used as a massage roller or for exercises like Pilates. To avoid slipping, we recommend that you use the board barefoot or with suitable shoes. For a better grip, you can also attach the additional anti-slip bands included in the package to your board. The ALAVA Balance Board is suitable for weights up to 265lbs (120kg) and has stoppers on both ends of the board to prevent slipping off the roller.

Please note that the ALAVA Balance Board in Birch color has been treated with pure wax to enhance the natural light shade of the birch wood.

The ALAVA Balance Board was designed in Finland and manufactured in the EU from sustainably grown birch plywood. It has a two-year warranty for private use.

Dimensions: board: W30x D80 x H2cm / roller: W35 x D10 x H10cm

Weight limit: 120kg

Material: board made of birch plywood, roller made of cork

**The Shark
Fitness Company**



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Age recommendation from 12 years
Finish: birch cork