



NOHrD Eau-Me Board Vintage Oak



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

CHF 319.00

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 generates new impulses

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

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

Put simply, the Eau-Me Board is all about balance - the device suggests an unstable, unstable surface. This means that the body is challenged at all times as soon as the board tilts in one direction. The balancing movements through the deep muscles take place almost unconsciously, the body learns to implement the constantly new stimuli and impulses during training.

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 improving motor skills, stamina and strength.

Numerous small balancing movements address the deep muscles that are often neglected in everyday life - this is the secret of coordination training. The deep muscles interact with the entire body to 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 their 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 a sense of balance are just as important in everyday life and for practising many sports. A good sense of balance protects us from falls and injuries and prevents back pain caused by poor posture or one-sided strain. The best way to train coordination is with targeted exercises and on special training equipment such as balance boards. Balance training can be carried out at home using 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 standing on the balance board is unstable and can only be maintained through 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 muscle groups, which are often referred to in specialist circles as the supporting muscles. 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 constant exploration. Both contribute to a better body awareness. However, it doesn't always have to be the classic balance board. Balance devices in general offer beginners, experienced, amateur and competitive athletes alike the opportunity to achieve noticeable results quickly with just a few minutes of training per day.

If you train regularly with the balance board, you can achieve the following goals:

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

Maximum load capacity 250kg

Diameter 64cm

Weight 7.5kg

The footboard consists of a multiplex board with real wood veneer.