

Cando ® MVP 30" Wobble Rocker Board

Product Information

Weight	4.683 kg
Dimensions	76.2 x 76.2 x 5.08 cm
Brand	CanDo
Item No.	W54227 [1015336]



Description

The Cando ® MVP Wobble Rocker board offers an unstable and sensory-stimulating platform to facilitate balance and proprioceptive training and postural reactions. The lightweight board can be taken anywhere. The boards can be used for: balance, coordination and proprioceptive training, ankle and knee strengthening and rehabilitation; core strengthening and stability; ankle range-of-motion and flexibility and improve posture.

the instability balls are sold separately

- Use as wobble or rocker board.
- Use one ball for wobble board
- Use two balls for rocker board
- Level of difficulty is variable
- 5 sizes of instability balls are available
- Color-coded to difficulty
- 3 sizes of board platforms are available
- Slots in platform fit band/tubing for full body exercise

https://www.3bscientific.com/ph/cando-mvp-30-wobble-rocker-board.p_1153_16468.html

More product images

