

Full Description

Step, stretch wobble and rock with the 66fit Exercise Board

The 66fit Multi Functional Exercise Board combines four essential exercise products in one revolutionary design. By simply clipping the easy fit attachments to the gridded base of the board the user is able to choose between an aerobic step, an angled stretch board, a balance or rocker board.

In the 'step' mode the user can work on cardiovascular strength and endurance before moving on to the 'stretch' mode for calves and hamstrings.

Once converted use the board as a balance board or rocker board for balance and stability exercises and to work on core strength, upper and lower body. It may be used as part of both a fitness and exercise regime, as a rehabilitation tool to regain proprioception and muscle strength post injury and as a supporting piece of equipment for squats, taps and press ups.

Why Choose the 66fit Exercise Board?

Manufactured to a high standard the 66fit multifunctional exerciser is a versatile, easy-to-use product designed with portability and easy storage in mind.

The 66fit Multi Functional Exercise Board is a sturdy non-slip board which comes with easy fit attachments to allow the board to be transformed from an aerobic step to an angled stretch board and to a balance board or rocker board in seconds.

The 66fit multi board measures 54cm x 33.5cm with a maximum step height of 14cm. Easy to clean and store the board is suitable for all levels both for home and professional use.

The colour box features instructional graphics to show how to operate the exercise board.

Features

The 66fit Multi Functional Exercise Board is the ultimate all-in-one stretching and exercise board.

Simply transform the multifunctional board to suit your exercise requirements. Easy fit attachments clip into a gridded base to convert the exercise board from aerobic step to angled stretch board and from balance to rocker board and back again with ease.

Designed for stepping, stretching, rocker and wobble board exercises. The 66fit Exercise Board is proven effective in improving strength and stamina, balance and stability. Use as part of your exercise regime for a comprehensive core upper and lower body workout.

Lightweight functional design makes the 66fit board portable, easy to store and clean.

Suitable for both home and professional use at all levels. This multi functional board can be used as part of both fitness and rehabilitation programmes.

Specification

Colour: Black/ Orange

Product Dimensions: 54cm x 33.5cm x 14cm

Main Material: PP and TPR

Presented In: Colour Box

Packed Weight: 4.5kg

