



SISSEL® Balance Board Dynamic

Improves balance and coordination

- Standing on the Balance Board Dynamic: effective balance exercise, one of the many exercise variations
- For progressive exercising without changing equipment
- Max. body weight: 150 kg



Item Number Attributes
162.058 SISSEL Balance Board Dynamic

∅ approx. 40 cm, height: approx. 8 cm

wood, with non-slip PVC surface

black / wood

SISSEL® Balance Board Plus

Space-saving training aid for outdoor use, in the gym or at home

- For balance and proprioceptive training
- Improves coordination and motor skills
- Strengthens the deep muscles
- Improves concentration
- With integrated handles for more effective training
- Load capacity up to 90 kg



Item Number Attributes
162.050 SISSEL Balance Board Plus

∅ approx. 38 cm, height: approx. 8,5 cm

polyethylene

red

SISSEL® Step-Fit

The natural pebble beach for your home

- Optimization of whole body coordination
- Sensitivity training for combining with other substrates
- Foot reflexology massage
- Stimulation of metabolism
- Balance training
- Strengthening of the muscles

Also suitable for parcours application with other proprioceptive devices.



Item Number Attributes
162.053 SISSEL Step-Fit, approx. 48,5 x 49 cm, grey

approx. 48,5 x 49 cm

TPR

grey