

all-in-one item!

- MVP® system offers an **all-in-one** balance system (rocker AND wobble board)
- the board stability can be altered for various difficulty levels
- perfect for balance, coordination, ankle and knee strengthening and rehabilitation, ankle range-of-motion and flexibility, core stability, improved posture and proprioceptive training

**all you need
to have a full balance
system in ONE product**

Complete MVP® set includes:

- wall rack (for 10 balls)
- 10 color-coded instability balls (2 of each level from easiest to most difficult)
- 16" diameter board (hard)
- 20" diameter board (medium)
- 30" diameter board (easy)

MVP® sets

10-1904 complete 3-board institutional set 315.00

boards

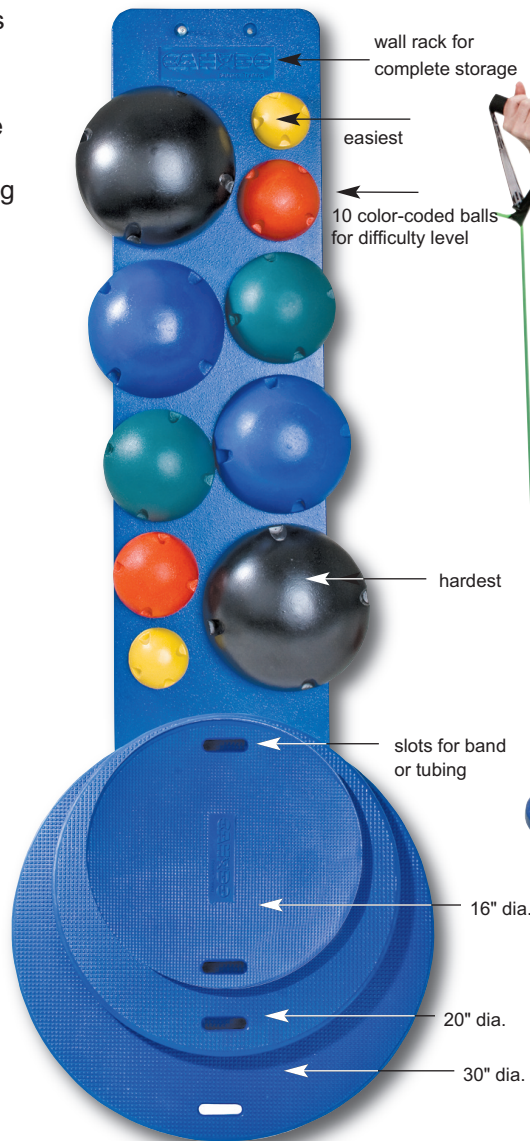
- circular boards have 3 ball-insets
- rectangular board has 5 ball-insets

10-1776	16" diameter (hard)	35.00
10-1786	20" diameter (medium)	45.00
10-1796	30" diameter (easy)	60.00
10-1756	15"L x 18"W rectangular board	35.00

balls and rack

challenge	height	2 ball sets	
yellow x-easy	1"	10-1760-2	17.50
red easy	1.5"	10-1761-2	22.50
green moderate	2"	10-1762-2	27.50
blue hard	2.5"	10-1763-2	32.50
black x-hard	3"	10-1764-2	37.50

10 ball set (2 each)	10-1766	122.50
10 ball set (2 each) with wall rack	10-1743	190.00
wall rack only -- holds 10 balls	10-1744	75.00



complete MVP® set shown



tie band or tubing in slots for dynamic exercise sold separately on pages 6-13

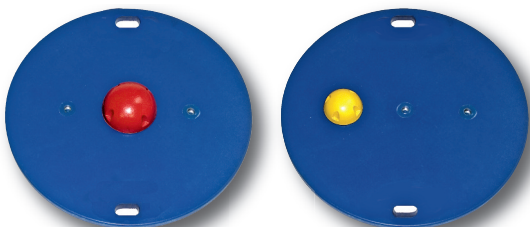
secure 2 balls to board for front/back and side/side rocker board



rocker board set-up

wobble centered

wobble off-center



secure 1 ball to board to wobble in all directions