

New Fitness Product That Will Fit In Your Desk Drawer And Decrease Your Exercise Time.

Why exercise for 60 minutes when you achieve functional fitness in 15 minutes a session?

“From the professional boxers to the ultraman triathletes all my athletes love the Rooboard. It looks deceptively simple but I dare you to try it – you will instantly see its potential.” Damian Orfanoudakis – Athletic Trainer and Kinesiologist, Canada

Designed by a UK based surfer and body weight training expert to increase core strength, balance, power and fitness and to be portable, the unique Rooboard balance and core board has just gone on sale in the UK and US. <http://www.rooboard.com/>

This amazing fitness product adds instability to over a [hundred exercises](#) to increase total body strength and fitness. The instability element forces the core and stabiliser muscles to engage which in turn increases the intensity. This means the users can exercise for less time than they would have previously for substantial gains in strength, balance and muscular symmetry.

The Rooboard is especially good at increasing core strength. High levels of core strength are vital for postural strength and to prevent lower back pain and injuries.

At only 30cm in length it is the smallest balance board on the market. It is also the most functional and is unbreakable. It will not damage flooring or sink into the ground when used outdoors because it uses EVA foam pads as the balance points rather than plastic or wood. The indented grip surface is comfortable and shock absorbing and means it can be used from the hands or forearms as well as the traditional seated and standing exercises. The unique features of the [Rooboard](#).

The Rooboard designer Mason Gilmour works in London and needed a product that would fulfil all his exercise requirements. He also wanted a product that was portable, as in the daily commute on the London Underground and for travel training.

When he discovered this product did not exist he spent two years testing with 3D printing models and fine tuning homemade prototypes before launching the Rooboard. The Rooboard is receiving rave reviews from athletic coaches, surfers and fitness enthusiasts. The Rooboard is an example of what one person can achieve with the desire to make a better product and the determination to make it real. This approach has also kept the retail cost of the Rooboard as low as possible.

To learn more about the Rooboard and the inventor please visit <http://www.rooboard.com/>

For a sample Rooboard to participate in the [Rooboard Challenge](#) please email mg@rooboard.com

The Rooboard is produced by Surfgy Limited. Surfgy was founded by Mason Gilmour to bring affordable health and fitness to everyone. Surfgy will not produce infomercials or hire fitness models to market the Rooboard or future products, they believe in real people and real results.

Contact:

Media@surfgy.com

+447949 574 608