

## BALBRD-WOOD

Part	Quantity
Balance Board	1

### Uses:

This wooden balance board can be used to heighten your balance for many different activities. It can help with snowboarding, skateboarding, surfing, core strength, and balance in general. Just place the board on the ground and carefully step on. If you can't step on without support, use a desk or table to hold onto when getting on the board.