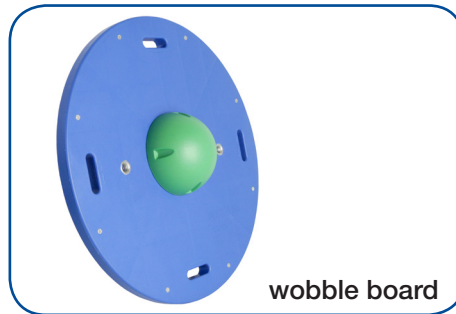


CANDO® Balance Board Combo™

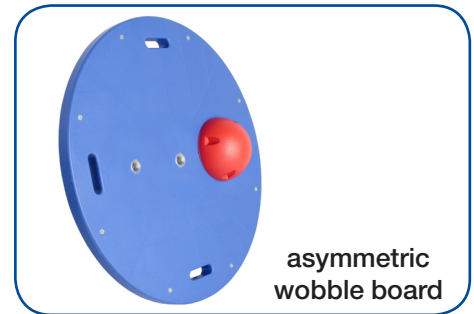
Economical choice - Each board does the job of 3!



rocker board



wobble board



asymmetric wobble board

- Each board comes with 2 instability balls
- Screw in 2 instability balls to create a rocker board, or screw in 1 instability ball to make a wobble or asymmetric wobble board
- Use to balance train and strengthen the lower body
- Durable, heavy-duty and non-skid, yet lightweight and compact for portability
- **Circular board** has 3 instability ball placement options
- **Rectangular board** has 5 instability ball placement options
- Each board has handles/slots to add band or tubing

Circular Board (16" diameter) w/ 2 Instability Balls

instability ball difficulty		tilt	each
yellow	x-easy	1" height 7°	10-2020
red	easy	1.5" height 11°	10-2021
green	moderate	2" height 14°	10-2022
blue	difficult	2.5" height 18°	10-2023
black	x-difficult	3" height 21°	10-2024

Rectangular Board (15" x 18") w/ 2 Instability Balls

instability ball difficulty		tilt 15"	tilt 18"	each
yellow	x-easy	1" height 7°	7°	10-2030
red	easy	1.5" height 11°	10°	10-2031
green	moderate	2" height 15°	13°	10-2032
blue	difficult	2.5" height 18°	16°	10-2033
black	x-difficult	3" height 22°	19°	10-2034



instability balls



Additional balls and boards available

Instability Balls only

	challenge	height	each
yellow	x-easy	1"	10-1760
red	easy	1.5"	10-1761
green	moderate	2"	10-1762
blue	hard	2.5"	10-1763
black	x-hard	3"	10-1764
5 ball set (yellow - black)			10-1765

Boards only

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



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