



Adjustable height wooden balance board measuring 5 metres



**Product features:**

Material: Beech wood

Finish: Natural transparent colour

Length:

Height:

**Product description:**

**Adjustable height wooden balance board measuring 5 metres** Made entirely of **solid beech wood** , sanded and finished with a **transparent protective varnish** , this balance board is ideal for starting out in **gymnastics and for training**.

Indispensable for **improving the athlete's balance** , this **artistic gymnastics** tool is chosen by numerous sports clubs and schools for its usefulness, but also by many gyms or physiotherapy studios given that it is **fundamental in maintaining the correct structure of the trunk** , the treatment of flat feet with **corrective gymnastics** and in **gymnastics for the elderly** for the prevention of falls.

The board has a **length of 5 metres** , and a **5x10 cm section** , equipped with two adjustable feet, allows you to **change the height from the ground to the ground in multiple positions, from 50 cm to 68 cm**