

TONE

BOARDS

tools for proprioceptive training

MOVING SPHERE AND CONE MOVING CYLINDER

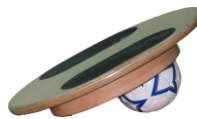


Half-cylinder and asymmetrical conus are made of beechen wood. This structure gives the product increased durability. Standing surface is covered with non-slippery rubber which is easy to clean. The board edges are rounded off whereas all wooden surfaces are lacquered with quality two-component lacquer.



Moving sphere is a balance training requisite of top pretentiousness. It is a combination of all the possible mechanical instabilities. Apart from the hemisphere balance board, this balance trainer translates in all directions and rotates around the longitudinal axis. The requisite offers simple way for modifying intensity by changing the pressure inside the ball. This way, balancing on the half-empty ball is quite easy, while on the hard ball it is much more difficult. The restrictor-ring at the bottom of the board increases safety of the training.

Cone moving cylinder is physical conditioning, sports injury prevention and rehabilitation requisite aimed for advanced balance training. It is a more pretentious version of the normal moving cylinder, since the instability in the sagital plane is added. Thus the balance board moves translationally and rotationally in a frontal plane and tilts in the antero-posterior direction at the same time. This movement pattern is very similar to wind surfing, surfing and snow boarding. Holding the cylinder in its position and the resulting safety is ensured by the restrictors at the bottom of the board.



MOVING SPHERE

600 mm x 350 mm
600 mm, rim 400 mm
weight 5,8 kg



CONE MOVING CYLINDER

600 mm x 350 mm, 90 mm
weight with cylinder 4,4 kg
weight of cylinder 0,8 kg

Use surface protection rubber to avoid any surface damage or slipping.

TONE

info@tone-si.com
www.tone-si.com