



TONE

BOARDS

tools for proprioceptive training

HALF-CYLINDER AND ASYMMETRICAL CONUS



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.



Asymmetrical conus is a simple multi-purpose balance board movable in one plane. Primarily it is intended for the training of ankle stabilization. With choice of anatomical plane in which we exercise, we can provoke isolated rotational movements of the upper or lower ankle joint, whereas the knee must be in stretched position. If we bend our knee, the strategy of balance maintenance will turn to the knee and hips, and the active muscle groups will be closer to the trunk. Asymmetrical conus is an efficient proprioceptive requisite useful in the prevention and rehabilitation of ankle injuries, although, with little inventiveness, we can also efficiently use it in stabilization training of other body segments.

Half-cylinder is multi-purpose proprioceptive requisite. It was designed primarily for training in lunge position with support on one foot. In this way, hamstrings are exposed to the loading. Whereas parallel stand with stretched legs or sitting on half-cylinder prove to be very efficient ways of encouraging the active poise of the trunk.



HALF-CYLINDER
300 mm x 300 mm
height 150 mm; weight 7,5 kg



**ASYMMETRICAL
CONUS**
300 mm x 300 mm
height 70 mm; weight 3,2 kg

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

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