



TONE

BOARDS

tools for proprioceptive training

MOVING CYLINDER



One of the efficient and diverting balance boards from the group of Tone-Boards proprioceptive requisites is **moving cylinder**. It mostly causes translational disturbances of balance in sagittal plane. Although, it can be also used in other positions, basic exercise is performed in standing position with more or less bended knees. Loading in this exercise is very complex and quite similar to movements during skiing or boarding and can be therefore used as efficient situational sports training.

To enable the growing of progressive difficulty we designed cylinders of three different difficulties, i.e. the smallest cylinder is the least, and the largest the most exacting. There are other ways of increasing the difficulty of exercise performance on balance board, but changing the geometry of the requisite is among the most efficient. A set of Tone-Boards cylinders makes possible controlled progression.

The base of balance boards is made of plywood, which ensures appropriate firmness and gives the product special aesthetic value. We chose beechen wood for cylinders surfaces, which touch the ground during the training. The other part is composed of pine wood glued together in segments. This structure gives the product increased durability. Standing surface is covered with not-slippery rubber which is easy to clean. The board edges are rounded off whereas all wooden surfaces are lacquered with quality two-component lacquer.

BOARD FOR MOVING CYLINDERS

600 x 350 mm, weight 3,8 kg



SMALL

length 350 mm

50 mm; weight 0,5 kg



MIDDLE

length 350 mm

90 mm; weight 1,6 kg



LARGE

length 350 mm

130 mm; weight 3,2 kg

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



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