

REEBOK® core board

Reebok products are only available in the US.



RBSD1004

US / METRIC

L - 29" / 74 cm

W - 21" / 53 cm

H - 7" / 17 cm

31 lbs. / 14 kg

The Reebok Core Board was designed to improve core strength, helping to develop stability, mobility, balance, power and coordination. This core strength improves performance in all sports, as well as in everyday life.

- Tilts, twists, torques and recoils with your body's movements.
- Targets and efficiently works all muscle groups.
- Benefits anyone from a novice exerciser to a competitive athlete.
- Adjusts for all fitness levels.
- Compatible with Reebok Resistance Tubes and Medicine Balls.
- Incorporate functional conditioning and reactive movement in group and small group sessions with the purchase of Reebok Core Training.

FREEMOTION FITNESS™

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