

# Springboard - Powerboard



## Details

Continental's Powerboard springboard with removable springs

An adjustable rate springboard supplied with 5 permanent springs and 4 removable springs to enable usage as a "hard" or "soft" board, or in a combination to suit the gymnasts' preference.

Supplied with a spring insertion and removal tool to enable easy adjustment without risk of trapping fingers in the springs.

Integral handles in the base allow it to be carried easily with one hand.

**PLEASE NOTE:** At least one centre spring **MUST** be in situ if used by any gymnast over 30kg

Manufactured to FIG specifications (other than FIG prohibits removable springs in certified boards)