Air balance disc



Details

Ideal for balance, strength and rehab exercises, the Air Balance Disc targets ankle, foot and knee stability.

The user can increase or decrease the amount of air inside the disc to vary the stability of the cushion, and therefore the difficulty (less air makes the surface more unstable).

- Diamater 340mm, thickness 40mm.
- Can be used to improve postural stability
- User can increase or decrease the stability of the disc
- Easily portable and lightweight