

Wooden proprioceptive board



Wooden proprioceptive board, available in different shapes:

- round with a diameter of Ø60cm
- rectangular with a central divider underneath (60x40cm)
- rectangular with rounded sides underneath (60x40cm)

Proprioceptive exercises aim to improve balance, coordination, and stability.

Visit our '[Balls, Training Equipments and Other Accesories for Football and Futsal](#)' section for more information.

Visit our "[Fitness, Aerobics and Bodybuilding](#)" section for more information.

Variants:

Art. 9301

Round diameter Ø60cm

Art. 9303

Rectangular with a central divider underneath (60x40cm)

Art. 9305

Rectangular with rounded sides underneath (60x40cm)
