



# Walking whilst standing

## How to use Gymba Correctly

The Gymba Activeboard is designed to help you stand correctly. Using Gymba is easy. Just place the board under your feet, and that's it. The board helps you balance the way you stand, and adapts to your body weight. Place the Gymba under your feet and work normally at your standing desk. Try to spend about half of each work day standing on the Gymba. You will find that pains disappear, you get fitter, your deep muscles get exercise without your noticing it, and the condition of your whole body improves after just a few days at work.



## Unprecedented elasticity

The Gymba Activeboard Is made from ecological composite material and is developed and manufactured entirely in Finland. The elasticity of Gymba allows for more versatile movement.

## Massage or stretch your legs on Gymba



## Technical Specifications:

- Width: 18.3"
- Depth: 12"
- Height 2.16"
- Unit weight: 3.3 lbs.
- Weight capacity: 300 lbs.
- Warranty 5 years (body)

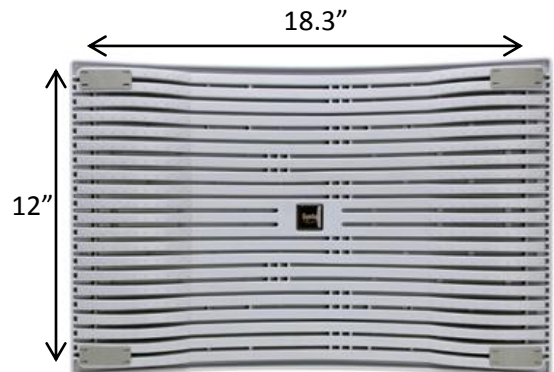
## Lab Tested:

### The main advantages for its use are:

- 1) Avoids numbness
- 2) Muscle pain and tension are reduced
- 3) Standing work becomes pleasant
- 4) Muscles become more flexible
- 5) Blood circulation improves and heart rate decreases

## Benefits:

- 1) Reduce sedentary work to healthier standing work
- 2) Active and diverse movement reduces sick time
- 3) Improves posture, balance and circulation
- 4) Helps prevent musculoskeletal disorders
- 5) Activates the back and deep abdominal muscles



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