

CANDO® MVP® Balance System

All you need to have a full balance system in one product!

- MVP® system offers an all-in-one balance system (rocker AND wobble board)
- The board stability can be altered for various difficulty levels
- Perfect for balance, coordination, strengthening and rehabilitation of the ankles and knees, ankle range-of-motion and flexibility, core stability, improved posture, and proprioceptive training



MVP® Set

Set includes:

- 10 color-coded instability balls (2 of each level from easiest to most difficult)
- 16" diameter board (hard)
- 20" diameter board (medium)
- 30" diameter board (easy)
- wall rack (for 10 balls)

10-1904 complete set

Boards Only

- circular boards have 3 ball placement options
- rectangular board has 5 ball placement options

10-1776 16" diameter (hard)
 10-1786 20" diameter (medium)
 10-1796 30" diameter (easy)
 10-1756 15"L x 18"W rectangular board

Instability Balls and Rack

challenge	height	each
yellow	x-easy	1" 10-1760
red	easy	1.5" 10-1761
green	moderate	2" 10-1762
blue	hard	2.5" 10-1763
black	x-hard	3" 10-1764

10 ball set (2 ea) 10-1766
 10 ball set (2 ea) with wall rack 10-1743
 wall rack only -- holds 10 balls 10-1744



complete MVP® set shown



rocker board set-up with rectangular board



tie band or tubing in slots for dynamic exercise

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