

all-in-one item!

- 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, ankle and knee strengthening and rehabilitation, ankle range-of-motion and flexibility, core stability, improved posture and proprioceptive training

**all you need
to have a full balance
system in ONE product**

Complete MVP® set includes:

- wall rack (for 10 balls)
- 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)

MVP® sets

10-1904 complete 3-board institutional set 315.00

boards

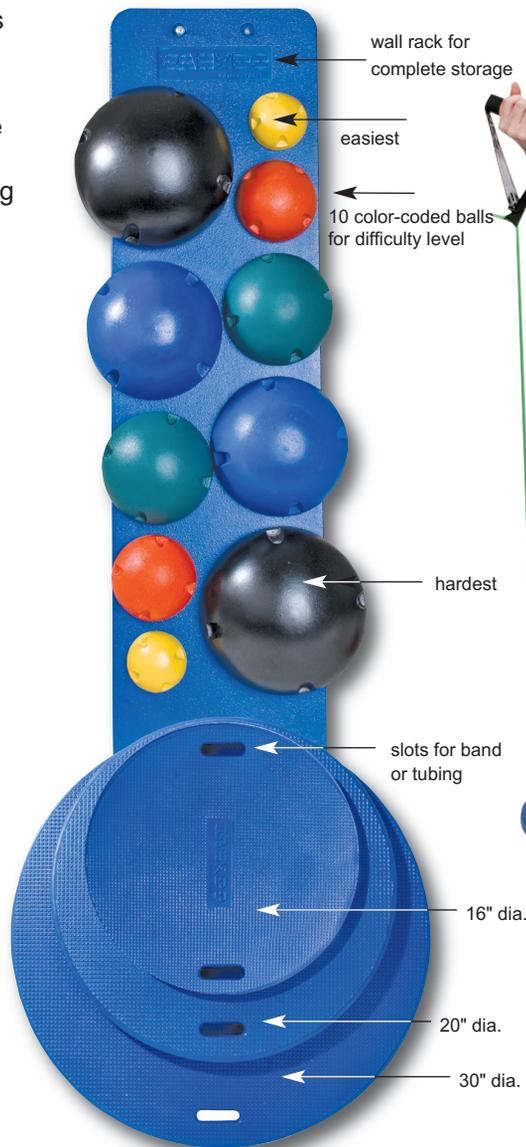
- circular boards have 3 ball-insets
- rectangular board has 5 ball-insets

| | | |
|---------|-------------------------------|-------|
| 10-1776 | 16" diameter (hard) | 35.00 |
| 10-1786 | 20" diameter (medium) | 45.00 |
| 10-1796 | 30" diameter (easy) | 60.00 |
| 10-1756 | 15"L x 18"W rectangular board | 35.00 |

balls and rack

| challenge | height | 2 ball sets | |
|-----------------------|--------|-------------|-------|
| yellow x-easy | 1" | 10-1760-2 | 17.50 |
| red easy | 1.5" | 10-1761-2 | 22.50 |
| green moderate | 2" | 10-1762-2 | 27.50 |
| blue hard | 2.5" | 10-1763-2 | 32.50 |
| black x-hard | 3" | 10-1764-2 | 37.50 |

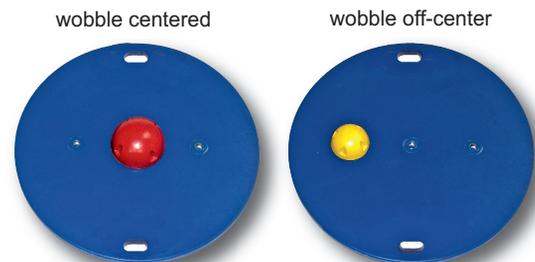
| | | |
|-------------------------------------|---------|--------|
| 10 ball set (2 each) | 10-1766 | 122.50 |
| 10 ball set (2 each) with wall rack | 10-1743 | 190.00 |
| wall rack only -- holds 10 balls | 10-1744 | 75.00 |



complete MVP® set shown



tie band or tubing in slots for dynamic exercise sold separately on pages 6-13



secure 1 ball to board to wobble in all directions

secure 2 balls to board for front/back and side/side rocker board



rocker board set-up