

COBA Board PLUS Provides Complete All-in-One Home Fitness Solution

UNITED STATES, August 29, 2024 /EINPresswire.com/ -- COBA Board announces the COBA Board PLUS™, a versatile device designed for comprehensive full-body workouts. This [compact fitness tool](#) allows for effective training of glutes, legs, and upper body, making it a suitable option for those aiming to reach fitness goals from the convenience of home.

Key Features of the COBA Board PLUS™:

Total Body Workouts: The COBA Board PLUS™ integrates exercises targeting glutes, legs, arms, abs, and core. From squats and lunges to deadlifts and upper body exercises, this board supports a range of fitness routines.

Scientifically Tested: Research conducted by Dr. Scott Lynn, Ph.D., at The Center for Sports Performance, School of Kinesiology, California State University, demonstrates the effectiveness of counterbalance squats performed on a 7% incline using the COBA Board™. This design helps shift weight to the heels, engaging the posterior chain muscles more effectively in just 10 minutes a day.

Professional Endorsement: Fitness professionals, including Ashley Everett, Beyoncé's dance captain, incorporate the COBA Board PLUS™ into their training, highlighting its reliability for



strength and conditioning.

Convenience and Portability: Weighing only 12 pounds, the COBA Board PLUS™ is easy to store and transport, making it a practical addition to various workout spaces.

Access to Workouts: Receive free access to a variety of [online workouts](#), classes, and exercise guides, enhancing the utility of this fitness tool.

Community Engagement: The 4-week “Reset & Re-Booty” challenge, led by fitness expert Walter Kemp (#TheBootyBuilder), is available to help users begin and maintain their fitness routines with the COBA Board PLUS™.



Availability: The COBA Board PLUS™ is available exclusively at COBABoard.com and Amazon. Purchasing through these official channels ensures the authenticity of the product.

About COBA Board: COBA Board is committed to developing innovative fitness solutions that prioritize safety, effectiveness, and ease of use. The COBA Board PLUS™ reflects this commitment by offering a comprehensive tool that supports fitness goals across various levels.

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