

Архангельск (8182)63-90-72
Астана (7172)727-132
Астрахань (8512)99-46-04
Барнаул (3852)73-04-60
Белгород (4722)40-23-64
Брянск (4832)59-03-52
Владивосток (423)249-28-31
Волгоград (844)278-03-48
Вологда (8172)26-41-59
Воронеж (473)204-51-73
Екатеринбург (343)384-55-89
Иваново (4932)77-34-06

Ижевск (3412)26-03-58
Иркутск (395)279-98-46
Казань (843)206-01-48
Калининград (4012)72-03-81
Калуга (4842)92-23-67
Кемерово (3842)65-04-62
Киров (8332)68-02-04
Краснодар (861)203-40-90
Красноярск (391)204-63-61
Курск (4712)77-13-04
Липецк (4742)52-20-81

Киргизия (996)312-96-26-47

Магнитогорск (3519)55-03-13
Москва (495)268-04-70
Мурманск (8152)59-64-93
Набережные Челны (8552)20-53-41
Нижний Новгород (831)429-08-12
Новокузнецк (3843)20-46-81
Новосибирск (383)227-86-73
Омск (3812)21-46-40
Орел (4862)44-53-42
Оренбург (3532)37-68-04
Пенза (8412)22-31-16

Россия (495)268-04-70

Пермь (342)205-81-47
Ростов-на-Дону (863)308-18-15
Рязань (4912)46-61-64
Самара (846)206-03-16
Санкт-Петербург (812)309-46-40
Саратов (845)249-38-78
Севастополь (8692)22-31-93
Симферополь (3652)67-13-56
Смоленск (4812)29-41-54
Сочи (862)225-72-31
Ставрополь (8652)20-65-13

Казахстан (772)734-952-31

Сургут (3462)77-98-35
Тверь (4822)63-31-35
Томск (3822)98-41-53
Тула (4872)74-02-29
Тюмень (3452)66-21-18
Ульяновск (8422)24-23-59
Уфа (347)229-48-12
Хабаровск (4212)92-98-04
Челябинск (351)202-03-61
Череповец (8202)49-02-64
Ярославль (4852)69-52-93

www.gymstick.nt-rt.ru | | gmy@nt-rt.ru

Технические характеристики на балансировочные доски, диски вращения, балансиры компании **GYMSTICK**

Wooden Balance Board



Gymstick Wooden Balance Board is the perfect tool for developing your balance, coordination and fitness. Balancing on the rigid wooden board activates efficiently the core and the muscles in your legs. Balancing on the board is surprisingly hard and delightfully challenging.

The balance board is constructed of hard wood, which makes it durable and quiet to use. The top of the board is coated with grip tape to increase traction and to make training with it safe.

Can also be used during various exercises such as push-ups or squats, to make them more challenging to the body.

Technical information

SKU 61131

EAN 6430062514704

Size (cm) 80 x 12,8 x 26

Weight (kg) 3.2

Materials Hard wood, grip tape

Product package

Package (cm) 83 x 15 x 29

Package (kg) 3.6

Performance Board



Challenge balance, stability, coordination and build core muscle strength with this high quality balance board. The durable board with a non-slip surface ensures safety while in use, even with high intensity training.

Technical information

SKU 61132

EAN 6430016906227

Size (cm) 39,5 x 39,5 x 7,5

Weight (kg) 1,48

Materials Wood and PP

Additional information

Max. User (kg) 120

Product package

Package (cm) 40,5 x 40,5 x 10,5

Package (kg) 1,88

Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 43 x 42,5 x 65,5

Wholesale package (kg) 12,1

Wholesale package (pcs) 6

Balance Board



Great for overall body toning and sports rehabilitation. Great for home use, or for the office: use as a footrest. Builds pelvic stability, strengthens knees and increases the ankles range of motion!

Technical information

SKU 62015

EAN 6430016901543

Size (cm) 36 x 36 x 5

Weight (kg) 0,56

Materials PP

Additional information

Max. User (kg) 100

Includes Exercise chart and Link for Online training video

Product package

Package (cm) 36 x 35,5 x 6

Package (kg) 0,83

Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 74 x 33 x 39

Wholesale package (kg) 6,5

Wholesale package (pcs) 10

Balance Board with Adjustable Tilt



More challenge in balance training. The balance board is supplied with raising piece, which can be placed under the board in three different positions. When board's elevation increases the training becomes more challenging. The balance board is well suited to the ankle and abdominal muscle strengthening, and in addition to versatile muscle exercises for the whole body. By combining balance board and strength training in one, the workout is more powerful and brings more content in your exercise. Increases balance, coordination and muscle strength. 3 different adjustable heights (5-6-7cm).

Technical information

SKU 62061

EAN 6430016902717

Size (cm) 36 x 36 x 5-7

Weight (kg) 0,68

Materials PP

Additional information

Max. User (kg) 100

Note Three heights 5, 6 ja 7cm

Includes Korotuspala, Exercise chart and Link for Online training video

Product package

Package (cm) 36,5 x 36 x 6,5

Package (kg) 0,94

Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 74 x 28,5 x 38

Wholesale package (kg) 8,6

Wholesale package (pcs) 8

Stability Air Pad



Gymstick Airpad is a most very versatile exercise- and rehab tool and it is especially ideal for balance and core strength training. It suits well for flexibility training and stability exercises, too. Can be used while sitting, standing or lying down on it. The airpad is ideal for ankle rehabilitation. Using the pad on a chair while sitting can relief lower back problems as it activates the core muscles, stimulates the blood circulation and improves the posture - without noticing.

Technical information

SKU 62035

EAN 6430016907927

Size (cm) 33,5 x 33,5 x 5,5

Weight (kg) 0,95

Materials PVC

Additional information

Max. User (kg) 100

Includes Exercise chart, pump and Link for Online training video

Product package

Package (cm) 37 x 33,5 x 7

Package (kg) 1,23

Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 69 x 38 x 40

Wholesale package (kg) 12

Wholesale package (pcs) 10

Emotion Air Pad



This fresh looking air pad provides an excellent platform for versatile balance and core training exercises. Great tool for rehabilitation and especially for improving ankle's range of motion and sensomotoric abilities. Air pad works also in helping lower back problems because it makes sitting more dynamic.

Technical information

SKU 61313

EAN 6430016905527

Size (cm) 33,5 x 33,5 x 5,5

Weight (kg) 0,95

Materials PVC

Additional information

Max. User (kg) 100

Includes Exercise chart and pump

Product package

Package (cm) 33,8 x 37,5 x 7

Package (kg) 1,31

Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 69 x 38 x 40

Wholesale package (kg) 12

Wholesale package (pcs) 10

Архангельск (8182)63-90-72
Астана (7172)727-132
Астрахань (8512)99-46-04
Барнаул (3852)73-04-60
Белгород (4722)40-23-64
Брянск (4832)59-03-52
Владивосток (423)249-28-31
Волгоград (844)278-03-48
Вологда (8172)26-41-59
Воронеж (473)204-51-73
Екатеринбург (343)384-55-89
Иваново (4932)77-34-06

Ижевск (3412)26-03-58
Иркутск (395)279-98-46
Казань (843)206-01-48
Калининград (4012)72-03-81
Калуга (4842)92-23-67
Кемерово (3842)65-04-62
Киров (8332)68-02-04
Краснодар (861)203-40-90
Красноярск (391)204-63-61
Курск (4712)77-13-04
Липецк (4742)52-20-81

Киргизия (996)312-96-26-47

Магнитогорск (3519)55-03-13
Москва (495)268-04-70
Мурманск (8152)59-64-93
Набережные Челны (8552)20-53-41
Нижний Новгород (831)429-08-12
Новокузнецк (3843)20-46-81
Новосибирск (383)227-86-73
Омск (3812)21-46-40
Орел (4862)44-53-42
Оренбург (3532)37-68-04
Пенза (8412)22-31-16

Россия (495)268-04-70

Пермь (342)205-81-47
Ростов-на-Дону (863)308-18-15
Рязань (4912)46-61-64
Самара (846)206-03-16
Санкт-Петербург (812)309-46-40
Саратов (845)249-38-78
Севастополь (8692)22-31-93
Симферополь (3652)67-13-56
Смоленск (4812)29-41-54
Сочи (862)225-72-31
Ставрополь (8652)20-65-13

Казахстан (772)734-952-31

Сургут (3462)77-98-35
Тверь (4822)63-31-35
Томск (3822)98-41-53
Тула (4872)74-02-29
Тюмень (3452)66-21-18
Ульяновск (8422)24-23-59
Уфа (347)229-48-12
Хабаровск (4212)92-98-04
Челябинск (351)202-03-61
Череповец (8202)49-02-64
Ярославль (4852)69-52-93