



Gymba Activation Board. Aiding a healthy working solution.

Designed and manufactured in Finland, Gymba Activation Board is now available in Australia.

This revolutionary, patented activation board is made of a unique, ecological composite material. It consists of 45 % cellulose and 55 % polypropylene (PP). Polypropylene is odourless and kind to the skin with no harmful physiological effects.

Health Benefits

Studies suggest that office workers' muscles are inactive about 80 percent of the time spent at work and 60 percent of their free time.

Gymba is designed to activate more of the working time.





GYMBA has many other uses, including, for example, in office meetings, at standing counters, in storerooms, factories and cafes (or wherever prolonged standing is required) and at home when watching television.

Are there any other benefits?

Standing on a hard floor may easily cause pain in feet and lower extremities preventing us from standing. Gymba provides a platform that is easier, smoother and more comfortable to stand on, making standing a more tempting option.



Stretching your back:

Turn Gymba upside down and lie on it on your back. Take a few deep breaths and relax. While stretching, keep your shoulders back, your arms folded in front of you and avoid tilting your pelvis forward.

Stretching your calves:

Turn Gymba upside down and rise up on your toes 20 times. Move one foot further back, shift your weight to that foot, and rise up to your toes again. Repeat 20 times before changing feet.

Strengthening your ankles:

Place Gymba on the floor and place your feet on the supports. Roll the board from side to side and let the flexible properties of the board do the work. Keep moving for 1-3 minutes at a time.

Introducing the MASSAGE BALL

Gymba massage balls now available. For more information, go to the following YouTube videos. The pair of massage balls consists of soft and harder compound. These are now included with every Gymba Board automatically, at no additional cost.

<https://www.youtube.com/watch?v=aSQ3nbnUh-Y>

<https://www.youtube.com/watch?v=TkD7XvGqvDs>

3803010 - Gymba Active Board Graphite

3803030 - Gymba Active Board Orange

3803040 - Gymba Active Board Light Grey

3803050 - Gymba Active Board Blue

3803060 - Gymba Active Board Pink



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