



Lynx Fitness co-founder David Morin

FIT To The Core

GET A FULL BODY WORKOUT AT HOME WITH THE LYNX BOARD

BY KELLY E. CARTER

WOULDN'T IT BE WONDERFUL TO ACHIEVE A TIME EFFICIENT, all-encompassing workout at home with only one product? Now, exercise enthusiasts can with the new Lynx Board, the ultimate high-energy, low-impact fitness solution. Launched in the U.S. by Lynx Fitness last fall, this revolutionary creation developed by Swedish decathletes represents the next frontier in achieving full body health, by using patented friction technology on its scientifically engineered workout surface.

People of any fitness level can use Lynx 20 minutes a day, five days a week—or opt for two 15-minute sessions, three times a week—for a multitude of benefits including improving mobility and flexibility, increasing coordination, endurance and losing weight.

The board provides multi-functional training, with 360-degree range of motion, to isolate and strengthen muscles with little to no impact on joints. Using body weight and the friction created by the foot and hand pads on the patented surface technology, users can increase intensity of the workout by the amount of pressure exerted and number of repetitions performed. Lynx co-founder and master trainer David Morin and his team have created a versatile array of exercises and routines for physical therapy, yoga, elite fitness, strength training, high-intensity interval training and more. Especially important is the effect the Lynx board can have on the body's core; one of the many advantages of having a strong core is being less prone to injury.

What's even more haute is, in addition to the Lynx home/gym version that remains flat and is easily stored, there is also a Lynx Travel Board which can be rolled up (think yoga mat) and stored in its own case that fits in the overhead compartment of most airplanes.

<http://lynxfitness.com>

