

## The Awesome Reebok CoreBoard at FIT 4 LIFE

In June 2001, Fit 4 Life also recently launched, the awesome Reebok Coreboard. Fit 4 Life is the only center in Sarawak offering this group fitness workout amongst three others in West Malaysia.

Developed by experts at Reebok University and the American College of Sports Medicine, the Reebok Core Board was designed to improve "Core Strength". The first - ever exercise board offers three dimensional motion that tilts, twists, torques and recoils with the body's movements, enabling you to build power, balance, and real-life functional strength like never before.



Reebok Core Training is a breakthrough innovation in exercise & fitness developed by Reebok University. It is based on the premise that improved torso strength improves limb function. The workout focuses on conditioning and training your body's central zone, or "core", using reaction, the process by which the body moves and learns to move.

By focusing on the root of usable strength, the torso, Core Training improves functional conditioning, reactive movement, and quality of exercise. Core generated movement helps develop control, precision, strength and suppleness simultaneously. Core Training will make all other exercise and training more effective as a result of strengthened and conditioned core muscles. By focusing on the root of usable strength, the torso, Core Training improves functional conditioning, reactive movement, and quality of exercise. Core generated movement helps develop control, precision, strength and suppleness simultaneously. Core Training will make all other exercise and training more effective as a result of strengthened and conditioned core muscles.



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