

Inspirera & Co AB/  
Swedish Posture  
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Simply good posture.

**Swedish Posture**<sup>®</sup>  
swedishposture.com

## BALANCE

Ergonomic balance seat for core exercise



**Swedish Posture**<sup>®</sup>

**EN** Balance is a portable ergonomic balance seat that strengthen your abdominal muscles and improves hip mobility while doing other things, at home or in the office.

**SV** Balance är en balanssits med instabil sittyta som aktiverar din bålmuskulatur. På sitsen förbättrar du din rörlighet, balans och styrka medan du arbetar hemma eller på kontoret.

**NO** Balance er et bærbart ergonomisk balansesete som styrker magemusklene og forbedrer hoftebevegelsen mens du gjør andre ting, hjemme eller på kontoret.

**FI** Balance on kannettava ergonominen tasapainoistuini, joka vahvistaa vatsalihaksia ja parantaa lonkan liikkuvuutta, kun teet muita asioita kotona tai toimistossa.



Improves your posture.

Makes you sit in an ergonomic position.

Activates your whole body while sitting down.

Engages your core muscles.

Improves your hip mobility.

Place Balance on any seat, chair or sofa, it's not dependent on the surface.

Active sitting makes your body stronger.

Material: MDF wood, Sanvage fabric

Sizes

30 x 30 x 10 cm

Colours

Black



Postural training



Strength and flexibility



Use daily  
15 min-2 hours

Made in China