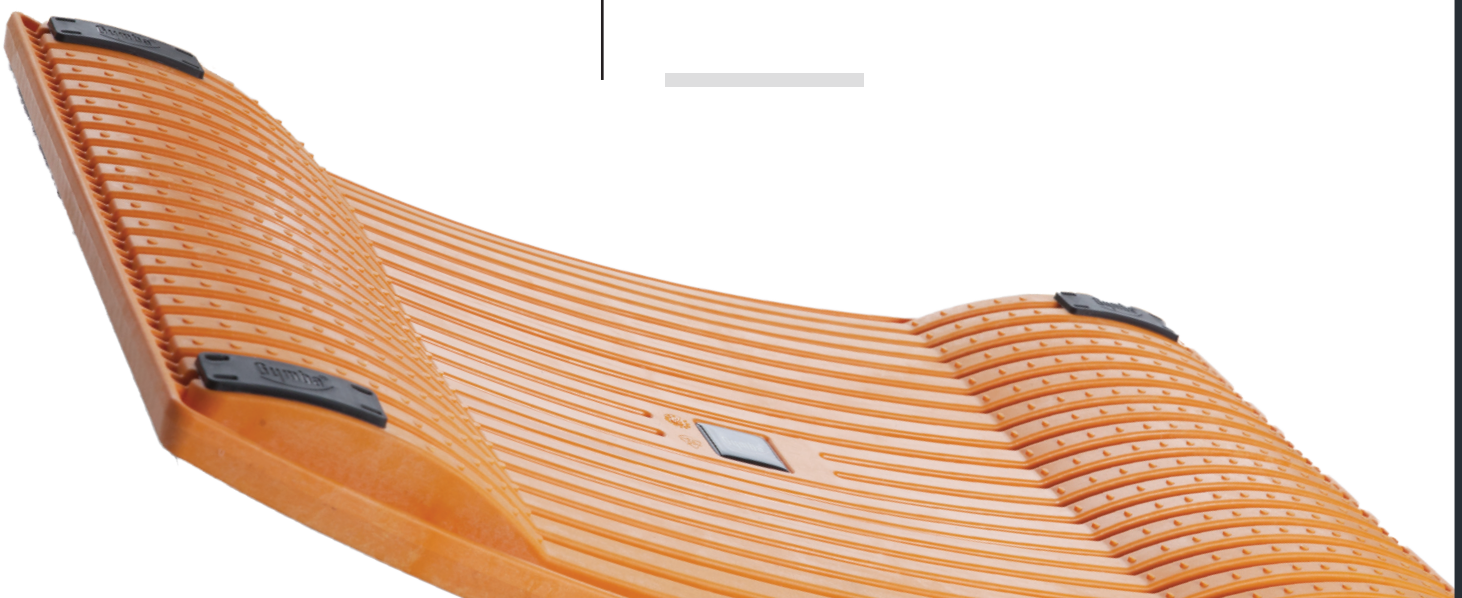


Gymba®



**STAY  
ACTIVE  
WHILE  
STANDING**



## What is the Gymba?

The Gymba is an activation board designed to help you stay active during your work-day. Gymba's unique walk-while-standing feature increases your blood circulation and boosts your productivity.

The Gymba also helps you maintain better posture, ultimately reducing uncomfortable leg and back strain.

## Using the Gymba is easy

When standing on the Gymba, you will feel a natural tendency to start moving on the board. This will help keep your muscles active and boost productivity.

Experts recommend that you stand up at least every 15-20 minutes. While standing, use the Gymba's walking feature to activate your deep muscles.

Try to stand about half of your workday on the Gymba. At first, standing may seem hard, but it will get easier with each day.

## Benefits of using the Gymba



## You can also use the Gymba for stretching



MADE IN  
FINLAND

Ecological  
biocomposite material



**5**  
year warranty



## What Gymba users are saying

“Once I started using the product, standing while working has been much more pleasant. My feet don’t ache anymore and the Gymba helps to keep me active during the workday.”

“I bought one of these because I couldn’t sit anymore due to back pain. Even standing did not suit my back and legs, but because of the Gymba, I can now keep my body in constant motion. I exercise with this everyday. I immediately noticed less pain and my back is becoming more flexible.”

“A superb product for office work. It activates all of the muscles from the waist down. It invigorates the workday.”

“My back-pain eased in one month and my physiotherapist noticed that my posture had gotten better. I have also noticed reduced neck pain.”

## Awards and Recognitions



**ISPO AWARD  
WINNER**  
2017/2018



**Gymba**<sup>®</sup>

  
[www.gymba.fi](http://www.gymba.fi)

  
[info@gymba.fi](mailto:info@gymba.fi)

  
+358 40 528 3000