

# Reebok Core Board Manual

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## **Core board or bosu? - epicski**

The Reebok Core Board looks interesting as a combined balance board and core training device. Has anyone had any experience with it? Are there more uses for a Bosu

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## **Exercise video reviews: reebok hard core training**

This video is designed to be used with the Reebok Core Board. It is narrated by Gin Miller; she does not appear in the workout; you only hear her voice.

## **The reebok core board, a must for your fitness**

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Feb 01, 2010 This free video explains how the Reebok Core Board / Rbk Core Board can be used for aerobic training - incorporating balance to strengthen ankles, knees

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