

# Balancing all day made easy

## Get fit with Back App

### Sitting on the Back App Chair

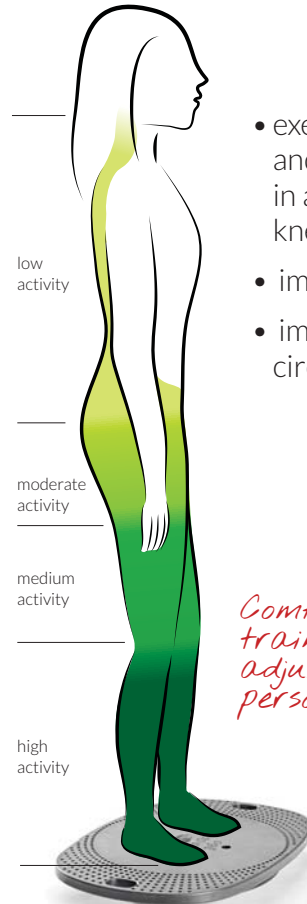
On the Back App Chair with the adjustable Magic Ball and your feet on the footplate you will:



- sit more upright with less effort
  - burn more energy **+19%**
  - exercise your core muscles in lower back and neck
- NO MORE BACK PAIN!*

### Standing on Back App 360

On the 360 Balance Board with the adjustable Magic Ball you will:



- exercise joints and muscles in ankles, legs, knees and hips
- improve posture
- improve blood circulation

*Comfortable training you can adjust to your personal level.*

## Back App Chair



On the Back App you sit tilting in all directions with your feet on a footplate padded with a soft damping material.



By turning the ball up or down you easily adjust the tilting movement.



The sitting position and the gentle motion ensure a wonderful sitting experience both with and without wheels.

## Back App 360



Balancing on Back App 360 you are tilting in all directions.



By turning the red knob in either direction you easily adjust the tilting movement.



The soft ring shaped damping device makes the tilting experience comfortable for all users.

The Back App chair and the Back App 360 balance board utilize the patented Back App technology. A comfortable 360 degree tilting movement is achieved by the body balancing on the centrally positioned "Magic Ball" surrounded by a soft ring-shaped damping cushion.

Effects are documented in Scientific Studies. Read more at: [www.backapp.eu](http://www.backapp.eu)