



GYMBA ACTIVATION BOARD

User test by Testing Lab

Test background:

Ten persons tested Gymba activation board for one month in a real-life situation. Each person had a standing desk and Gymba activation board during each working day. Some of the users were physiotherapists by profession. Gymba activation board was used 5-6 hours per workday.

Test results were gathered by interviews (user feedback) and actual measurements. Following information was measured each morning:

- Morning weight
- Resting heart rate (while standing)
- Fitness test by Polar heart rate monitor (VO2max)
- Flexibility test (forward bend)



Based on these daily measurements, following results were achieved:

- Weight loss 0,23 kg (range of -0,9 kg – +1,3 kg) on average
- Maximum oxygen uptake (VO2max) improved 0,88 (range of -2 – +5) on average
- Resting heart rate lowered by 4,5 beats (range of -8 – -2) on average
- Flexibility (forward bend) improved for 9 of 10 persons

General feedback from users after the test period:

- Reduced muscle pain and tension
- Helped to keep a better posture
- Legs are less sore after a long day of standing
- Muscles don't get sore
- Gymba board massages feet comfortably, when using without shoes
- Muscles feel more flexible
- Standing while working became pleasant
- Gymba was surprisingly sturdy and enabled me to work normally
- Using the Gymba had a positive effect on my day
- Ankles, calves and buttocks became more flexible
- Standing on the Gymba was more comfortable than standing on the floor

All those who tested the Gymba activation board were going to continue using the product after the test and all of them would recommend it to their friends. Gymba activation board was awarded by Testing Lab certificate due to excellent test results and feedback.