



Sahe Products Brings Their Wobble Cushion To Europe And The UK

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Irving, Texas based Sahe Products is pleased to announce that they have recently launched their wobble cushion in UK and Europe through their Amazon webstore at <https://amzn.to/2ScMmWR>.

A wobble cushion, also known as a stability disc, exercise disc, balance cushion, or stability cushion, is an almost flat and circular inflatable device with a non-slip surface on one side and a bumpy sensory and textured surface on the other. It is typically used to promote general core stability and improve the body's overall balance.

According to Stability Ball Reviews, an online platform that features stability balls and foam rollers, many athletic trainers and physical therapists recommend that their clients do exercises on a balance disc or any similar unstable surface. Aside from being inexpensive, portable, and flexible, wobble cushions can help both the core and limb muscles get more stimulation compared to exercising on a flat and stable surface. In addition to this, a lot of exercises can be done with the help of an inflatable exercise disk. These include balancing, various arm-strengthening exercises, squats, reverse lunges, pushups, crunches, and more.

Sahe's wobble cushion can address a number of health problems including lack of balance and coordination, and diminishing muscle strength. Furthermore, it can help you achieve better posture and stability, as well as alleviate some conditions like back and shoulder pains. Our stability discs are also specially designed to make your body healthier and they can even be used for balance training, which is essential for rehabilitation and massage therapy," says H. Misra from Sahe Products. He added that the product is perfect for sitting and provides the same posture correction benefits as sitting on a much bigger exercise ball. It can also be used during exercise due to the fact that it provides an unstable surface and forces the body to use more muscles to remain balanced, thus enabling a more intensive workout.

As noted on Sahe's Amazon store page at <https://amzn.to/2ScMmwR>, their wobble cushion is made from durable and high-quality raw materials. It is specifically designed for continuous and heavy use during training and working out, and can withstand up to 300-350 lbs of weight. "It is also user-friendly and very easy to keep, use, and inflate," Misra said. "In fact, our balance cushions come with an inflation straw so you can easily adjust the air pressure to your liking. Furthermore, with a diameter of only 26 inches, Sahe's exercise disc is just the right size for any type of activity, and you can carry it whenever and wherever you want to do your workout."

Research also shows that exercise discs are highly beneficial for faster rehabilitation from ailments like arthritis and sprained ankles, and they also help to speed up recovery after undergoing knee surgery or joint replacement. "Furthermore, it helps improve your proprioception as your brain and joints regain a sense of where your body is in space. While it may look very simple, there are a number of ways how you can make your wobble cushion exercise more demanding and result-oriented," Misra said. He advised users that they can get better results by inflating the disk more to increase the challenge to their balance, thereby increasing the intensity of their workout. Standing with two feet on one disc is difficult, and standing one-legged on a disc is the most strenuous, but these positions can provide more muscle stimulation and a better body workout.

Furthermore, many are concerned about the health risks of sitting for long periods of time and a wobble cushion can provide a simple solution to alleviate the symptoms of being inactive. "By sitting on an exercise disc, you are using your core muscle constantly and your brain unconsciously signals your body to autocorrect your posture. Aside from addressing lower back and neck pains, using a stability cushion is also an effective way of promoting balance while being seated. This specific technique has been adopted by many people, even athletes and therapists," Misra said.

Those looking to improve their posture and core stability may consider the wobble cushions on offer from Sahe Products. Aside from the cushion's inherent durability and quality, the company also offers customers a 100% satisfaction guarantee, and convenient return policies should their products not meet client expectations.

More information about the company and its product can be found on their Amazon page at <https://amzn.to/2ScMmwR>. Interested parties may also connect with them by leaving an inquiry on their Amazon page, which will shortly be responded to by one of their customer service representatives. They can also be reached at support@saheproducts.com as well.

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For more information about Sahe Products, contact the company here: Sahe Products H Misra (800) 289-9563 support@saheproducts.com c/o Abhi Associates LLC 524 Santa Fe Trail Irving, Texas 75063

Sahe Products

SAHE Products is a 100% family-owned small business promoting premium kitchen, household products. Our line of products include Silicone baking mats, tongs with stand, Water bottles, Wooden kitchen ladle sets, Bamboo Cutting Boards.

Website:

<https://www.amazon.com/s?marketplaceID=ATVPDKIKX0DER&me=AXME8KL398CBR&merchant=AXME8KL398CBR&redirect=true>

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