

# HUMANTOOL®

## Balance Spot

Standing mat



### Healthy flexibility!

This elastic, comfortably breathable, and ergonomic mat maintains the well-being of your legs and entire body



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# HUMANTOOL Balance Spot standing mat

The Humantool Balance Spot standing mat is an anti-fatigue mat with a cellular structure. It functions as an extremely elastic and breathable base for anyone who wants standing to feel good.

The flexible structure of the mat maintains movement and provides natural exercise for your entire body.

Thanks to the heat-storing structure and a surface material that feels pleasant underfoot, standing without shoes on too feels natural while improving your health.

## Health benefits:

- Reduce swelling of the legs – the large muscles in the thighs and buttocks become activated, which improves the return circulation in the veins.
- Decrease fatigue to the feet and legs by improving the circulation and metabolism.
- Boost the consumption of energy, meaning an increase in the burning of fat.
- Strengthen the small muscles and nerve pathways in the feet – they are forced to constantly detect their position on the elastic surface, in a parallel to walking in nature.
- By balancing on a flexible mat, activate the deep core muscles of the trunk.
- Activate the pelvic area, thereby helping to maintain neutral posture for the neck and shoulder area.
- Feel comfortable and bring joy to your work days.



- **A hook for hanging:** While you are sitting or cleaning the floors, the mat can be conveniently hung at the edge of the desk with the hook included in the delivery.
- **Easy cleaning:** Just brush, Hoover, or wash with water.
- The Balance Spot mat is manufactured from environment-friendly and completely recyclable materials.
- **Made in Finland** of high quality materials
- Does not contain nitrile materials (PVC).
- **Size** 64 x 46 cm thickness 3 cm
- **Colors:** grey and black

*Have a good day at work!*

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