



DIY Office Balance Board for Standing Desks



andimoto

[VIEW IN BROWSER](#)

updated 12. 4. 2022 | published 20. 3. 2022

Summary

This is a balance board for standing desks. This helps to keep moving a little bit while standing and working.

[Household](#) > [Office](#)

Tags: [diy](#) [health](#) [balanceboard](#) [homeoffice](#)

This is a balance board for standing desks. This helps to keep moving a little bit while standing and working.

The only thing needed are 3 or 5 cups. If you want to balance completely free, the 2 outer cups can be removed. For the center cups I've taken tennis balls, which are stable. The outer cups should be soft (I used softballs) to stabilize the board but still allow swinging.

BOM:

- M4x20 screws
- M4 washers
- board (nice size is 50x30)
- screw inserts (use whatever you like to assemble the cups)
- printed cups
- 3 tennis balls (depending how much cups are used on center line)
- 2 softballs

scad File is available for customization.

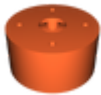
<https://imgur.com/a/joBbSol> Video

Category: Office

Model files



balance-board-ballholder.scad



balance-board-ballholder.stl

[Find source .stl files on Thingiverse.com](#)

License

This work is licensed under a
Creative Commons (4.0 International License)



Attribution—NoDerivatives

-
- ✗ | Sharing without ATTRIBUTION
 - ✗ | Remix Culture allowed
 - ✓ | Commercial Use
 - ✓ | Free Cultural Works
 - ✓ | Meets Open Definition