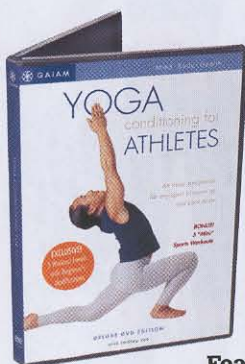


# PT GEAR

PT gives you the SP on the latest fitness kit



**Yoga for Athletes DVD: Rodney Yee**  
**What's it do?**

Provides over four hours of Yoga moves and workouts designed specifically for athletes

**Features**

Workouts for warming-up, strengthening and cooling down, plus short (approximately 5 minute) sports specific routines, for example, for running, tennis and swimming.

**What PT thought**

Rodney Yee is well known particularly in the States as a Yogi. He has carefully thought through the positions that will balance and reduce tension in athlete's bodies and aid focus and relaxation. The workouts are easy to follow, although it will help to have done some yoga previously.

**Bottom line**

Suitable for anyone serious about their fitness, not just athletes, as the yoga routines are very relaxing and make a welcome break from the 'body bashing' that can result from fitness and particularly sports training.

For further information go to:

[www.gaiamdirect.co.uk](http://www.gaiamdirect.co.uk)

Phone: Gaiam Direct on **0870 241 5471**

RRP: £12.99



**adidas Techfit™ performance wear**  
**What's it do?**

Olympic athletes and premiership footballers and now you can benefit from apparel that will boost your sports performance. It's claimed that Techfit products (notably the

Powerweb range) can enable an athlete who could sprint 100 metres in 10 seconds to run the same distance almost a metre quicker

**Features**

The adidas range of Techfit garments use compression technology. There are three ranges. Powerweb (the top of the range) features TPU (Thermoplastic Urethane) power bands that literally squeeze (comfortably) extra power from your muscles

**What PT thought**

Great range of clothing and cool design. Very high-tech could revolutionise performance sport. Takes a little time to get used to the different 'feel' your muscles get in the gear.

**Bottom Line**

If you are a serious fitness trainer or athlete then the Techfit range will boost your condition and performance

For stockists phone **0870 2404 204**

For further information go to:

[www.adidas.com/performance](http://www.adidas.com/performance)

**Galileo UP-X-Dumbbell**  
**What's it do?**

Uses vibration technology to boost strength and condition



**Features**

Specifically stimulates muscles typically 25-30 times a second when performing primarily upper body weight training exercises. Unlike other similar systems Galileo products use side to side (rather than vertical) vibration. This means that your muscles have to perform more 'natural' controlling movements to maintain exercise integrity.

**What PT thought**

Vibration training has its advocates - the sports science can be contradictory but more research needs to be done. The UP-X-Dumbbells embody a well-thought out

methodology and practice which should boost training gains. The variations in pulse frequency, its direction and the ability to add weight to the dumbbells makes them highly adaptable.

**Bottom Line**

Worth finding a club that offers Galileo vibration training to try before you buy as the products come at a steep price.

**RRP:** 1 Dumbbell £1,795 2 Dumbbells £3,395. See page 82 for an analysis of vibration training.

For further information go to:

[www.galileouk.co.uk](http://www.galileouk.co.uk)

Tel: **0845 675 1160**

E-mail: [info@pipedreams.co.uk](mailto:info@pipedreams.co.uk)

**Youbreathe**

**What's it do?**

Develops the vital muscle groups in the chest and diaphragm that are often ignored in regular fitness and sports training, increasing CV potential



**Features**

The Youbreathe has a vibration feature that sends pulses into the respiratory system designed to strengthen the breathing muscles (similar in theory to the Galileo dumbbells).

**What PT thought**

Applying the principles of vibration training to the respiratory muscles makes sense. Research indicates that a stronger stimulus is supplied to the relevant muscles thus increasing 'breathing power'.

**Bottom Line**

Youbreathe developer Dr Paul Sumners is at the forefront of the application of vibration technology for enhanced breathing performance. It therefore seems well worth experimenting with the Youbreathe if you are a serious CV trainer/athlete.

Available direct from

[www.youbreathe.com](http://www.youbreathe.com) RRP: £79.99