

Why You Need Bi-Directional Resistance



Bi-Directional Resistance

What is it?

Bi-Directional resistance allows the user to exercise in both forward and reverse, changing directions at any time and as often as desired.



Why do you need it?

Reduce the Risk of Injury – By recruiting reciprocal muscle groups, bi-directional resistance helps reduce the risk of injury from muscle imbalance.

Prolong the Workout – Changing directions can decrease localized fatigue, resulting in the ability to prolong the workout. The user exercises at a lower level of perceived exertion and higher level of resistance, thereby achieving greater results.

Add Variety – Changing directions adds variety to a workout, engaging and motivating the user. For example, changing directions every 30 seconds allows an individual to use relatively fresh muscles and workout for a longer period than may have been possible otherwise.

Conditioning – Bi-Directional resistance helps condition the muscles used in performing basic activities of pushing, pulling and lifting.