

Arm Ergometer - Have You Ever Considered Using an Ergometer in Your Workouts?

An ergometer is a piece of exercise equipment that simulates swimming. This Vasa Trainer gives you the opportunity to simulate swimming strokes without getting in the water, so you don't have to go to the pool every day for your daily swim workout. You can use this machine to build endurance for all swimming strokes in as little as 15 minutes a day. When you use this machine, you lie on a padded bench and you pull on paddles attached to the machine. You swim by pulling yourself up an inclined monorail. The patented motion of the Vasa Trainer simulates the fundamental motions of swimming. It sets itself above all other swimming equipment by requiring you to pull your hands past your body while swimming. The unique design lets you see and duplicate the correct swimming strokes and help you to build a powerful stroke. It is not only useful for swimmers as a training aid, but it is useful for anyone who wants a good workout. Fitness trainers have known the benefits of swimming on the body for strengthening and toning muscles for a long time. With the Vasa Trainer you get a total body workout. There are over a hundred exercises that you can do on this single piece of exercise equipment. You can do biceps curls, chest press, triceps extensions and many, many more exercises. It is safe to use and does not have a jarring impact on the body because you pull your own body weight. Is this a must for everyone? Absolutely not. But, this is recommended for those looking to get the benefits of a swimming workout without stepping into a pool.

About the Author

Free online diet and fitness journal. Input foods, activities, and goals to create individual.

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