

Warning! Exercise Balls Not Safe For Workouts! The Core Training Weight Lifting Bench is a Safe Alternative.

Stability balls or exercise balls have a tendency to burst or even slip from under you when performing weight lifting routines on them, such as the dumbbell press. A solution to this problem has been found with the Core Training Weight Lifting Bench. This bench provides then unstable surface as a stability ball but is a lot stronger and will not slip from under you.

October 28, 2011 (FPRC) -- Stability balls or exercise balls have a tendency to burst or even slip from under you when performing weight lifting routines on them, such as the dumbbell press. A solution to this problem has been found with the Core Training Weight Lifting Bench. This bench provides then unstable surface as a stability ball but is a lot stronger and will not slip from under you.

'Every action has an opposite and equal reaction!' The Sacramento Kings know that for a fact. According to Roger Dreyer, a lawyer who is representing the team, claims Francisco Garcia broke his right wrist in October 2009 after exercising with a 'Burst Resistant' ball that did indeed burst while Garcia used it while lifting weights.

In a non-related lawsuit, Pete Royal was using a popular inflated stability ball during his routine exercise at the local YMCA; When in a matter of seconds, Royal found himself flat on his back when the stability ball failed. Pinning both his arms by two seventy-five pound dumbbells, Royal severally broke his wrists, prohibiting him to function normally for many months.

The problem with exercise balls is that they are not very strong and it can be extremely dangerous to add weights in conjunction with the body weight. For quite some time physiologists, therapist and physical trainers have known the enormous benefits of working out using a unstable surface such as an exercise ball. But, they are also aware that exercise balls don't give users a lot of surface area, making it difficult to do more than a couple of exercises with them. The dangers of exercise balls even, 'Burst Resistant,' ones are being tested daily in our courts.

A solution has been presented with the Core Training Weight Lifting Bench developed by Vicore Fitness and available at WorkoutHealthy.com. A spokesperson for Vicore stated that, 'Core workout equipment offers benefits that traditional benches can't'. The Vicore Body-Link System not only rewards your efforts with the most ripped physique you could ask for, but it throws in an extreme dose of balance, coordination, better posture and physiology without the risk of exercise balls.' Physical trainers explain that your 'core' is responsible for transferring energy throughout the body, yet it is mostly overlooked during traditional workouts.

Other then the safety factor of using the air surface bench, sometimes referred to as a bubble bench, you may be wondering what the difference is between the Vicore Core Training Weight Lifting Bench, and the other 50 companies that build exercise benches and weight equipment?

'A direct benefit to using the core training weight bench is eccentric training, which is force put on muscles when weight is brought to its starting position. The Vicore System increases the eccentric force during the training.' The Vicore spokesperson added.

All ages and experience levels, from beginners to seasoned athletes, can benefit from the home version of the Core Training bench. There is no need to head off to the local fitness facility, you can plan your workouts on your time, not the gyms. The Core Training Weight Lifting Bench is well made, comes with a complete warranty and has been tested to withstand up to three thousand pounds of weight.

The soft 'Air Surface' makes the bench suitable for seniors as well as people with back problems. It has adjustable body-link air suspension, a commercial grade steel construction in white with choice of burgundy or black surface. It is easy to transport on wheels and includes an inflation pump and assembly tools.

The safer choice in exercise equipment can be found at;
<http://www.workouthealthy.com/Core-Training-Weight-Lifting-Bench-VicoreFitness.html>

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