

HERE COMES THE PROOF!



DIRECT ACTIVATION THROUGH TAPES?

Are you looking for an efficient warm up?
It seems, that you should prepare your strength training on Sensopro tapes. The coordinative warm up increases muscle activity and even makes your movement smoother.

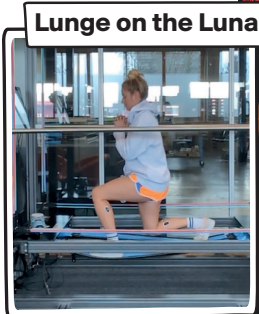


Lunge on the Floor (before)

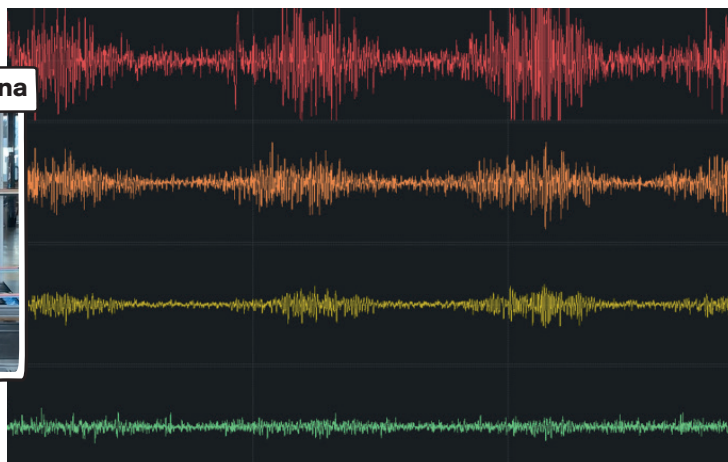
THE EFFECT OF A WARM UP ON THE LUNA



Lunge on the Floor (after)



Lunge on the Luna



Thigh muscle activity is slightly increased after training on the Luna. You will be able to train with higher resistances.



SENSOPRO