

# The FitDiver®

April / May 2010

Physical Fitness for Scuba Divers Published by ScubaFit®

Issue 8

## Fitness Equipment for Scuba Divers



ScubaFit® recently met with Bruce Hymanson, inventor of the Bodyblade, and discussed the use of the Bodyblade for Scuba Divers. One of the ScubaFit® criteria for Scuba Fitness is that exercises simulate the biomechanics of diving. The Bodyblade meets this criteria with integrated proprioceptor response and abdominal stabilization which transforms even the most isolated muscle exercises into total mind-body adaptations. Best described on the Bodyblade website, "You have to start, stop and change directions of your own body while controlling your mass."

The Bodyblade is affordable, portable and an excellent option for home gyms. ScubaFit® uses the Bodyblade to add challenge, fun and improved results for fitness clients of all ages and ability.

FitDiver® members will find the Bodyblade Super Six Workout combines well with the FitDiver® Endurance - Diver Core Interval Training.

"Bodyblade's oscillating motion forces the shoulder muscles, as well as hundreds of other muscles, to contract 270 times a minute."