



Gravity Training System

The GTS Gravity system is an angular variable resistance device. It uses your body weight against the pull of gravity as the load, which means the GTS doesn't lock you into one position or movement. You can train in all three planes of motion: front to back, side-to-side and rotational.

GTS allows a full, free range of motion of the joints, and builds body strength by working major muscle groups together in concert with the core stabilizers of the abdomen and back.

Functional exercises create stronger, leaner muscles than isolation exercises, because they encourage the muscles of the body to work together imitating real life activities.

GTS helps you develop the muscular strength, muscular endurance, cardiovascular endurance and flexibility that can dramatically improve your body shape and composition.

VIBRO GTS CLASSES

45mins class £30 for 3 people (max 3 per class)

3 people £10 each / 2 people £15 each