Fitness and healthy lifestyles are becoming more and more common in todays society, especially with summer coming up, people become more motivated to hit the gym to get that summer body they desperately want. Yet many can’t afford to get a personal trainer so that just do what they know. The issue thus arises of gym based injuries. The most common cause of injuries, especially regarding gym exercises is lack of proper technique.

MotionFit fixes all of this, this device not only provides a vast amount of information about the techniques about different types of exercise but it also provides a very enhanced feature of tracking your bodily movements as you exercise. It records your current technique and then shows you how you should be moving to maximize productivity and weight loss and to ensure that you’re exercising correctly to prevent injury.

The MotionFit kit comes with 10 sensors that you attach to your body when undertaking a particular exercise and that communicate with the device.

Using technologies similar to those found in Nintendo Wii’s and Xbox Kinect, MotionFit will provide gym attendees the aid that they need to stay away from injuries in the most effective manner.

This product targets not only regular gym users, but also those who are maybe avoiding the gym due to lack of knowledge or due to fear of injuries. Furthermore, this device contains state of the art sensors and therefore, even professional athletes can also benefit from using MotionFit.

Motion Fit is like no other, it provides information, education and motivation to any user and can help you reach your dream body without the fear of injury and bring you one step closer today.

So get your plans in motion and Purchase a MotionFit today to become a fitter, healthier you.