

Testimonials Prove The Effectiveness of Freestyler Functional Fitness Workouts

/EINPresswire.com/ The Freestyler [functional training](#) program by Functional Dynamics has received glowing reviews from users around the world. Considered one of the [best home fitness equipment](#) pieces on the market today, Freestyler is suitable for all levels of exercisers.

Users of the Functional Dynamics system of training agree on one thing: the program works. Functional training is a no-nonsense way to exercise muscles the way they are used naturally in daily life. These exercises work the entire body at once and help individuals perform their daily activities more easily and with less risk of injury, while also shaping and toning the body.

[Functional fitness workouts](#) are adaptable to individual needs making them extremely popular with physiotherapists, professional trainers and home users alike. One of the most highly recommended systems on the market today is the Freestyler by Functional Dynamics. Users agree it is among the best home fitness equipment available today:

"I use FREESTYLER™ in my job as a therapist. I used to do functional daily living activities with my patients, and the Freestyler can apply that with balance, flexibility in movements. It contributes to the quality of my patients' life."

- Carmen Lohn, Occupational Therapist, San Diego, California

"Experts from all over the world predict the Freestyler to be the next big thing like Zumba and Les Mills."

- Jutta Schuhn, Top International Fitness Presenter & Educator

"It is extremely efficient. It enables a whole body workout plus it's a fat burner and professional body shaper in one. I think that's the main reason for client's satisfaction: they see the results in a matter of weeks! Another great thing about the Freestyler, crucial for PTs, is that it's so easily transportable. Just put it in the trendy Freestyler bag and you are already on your way to your clients."

- Fitzroy Gaynes, Celebrity Personal Trainer, International Presenter, Head of Fitness Club 'Third Space - London'

Anyone in the market to buy exercise equipment can visit www.freestyler.net/en/ to learn more about Freestyler.

About Functional Dynamics and Freestyler: Functional Dynamics Inc. is a worldwide company that specializes in the development and production of high quality functional training equipment as well as functional training programs designed by the top industry experts. Freestyler is a functional cross trainer.

Functional Dynamics Inc.

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<http://www.freestyler.net>

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