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Reebok Easytone Trainers Are Big Hit With Consumers

Reebok have recently released a new brand of shoes called the Easytone which do exactly what it says on the tin - tone the legs and bum whilst merely walking or partaking in light exercise. It has been made possible by the exclusive sold design which forces muscles into a continual workout.

Consumers are convinced that this small difference can make a massive difference to your workout. Over the past 2 years Reebok themselves have fastidiously tested the shoe. The hundreds of people they tested agreed that their muscles were working harder and they could notice a difference in their bodies immediately.

Activation of calf muscles can improve by up to 11% and gluteus muscles by almost a third. Because of this the wearer has a good chance of achieving at least some degree of toning in the legs and bum. This is made possible by the unique balance pods situated in the sole that make balancing harder and cause muscles to work harder to keep the body upright. Of course, this won't really make you feel over, and you will only be able to feel the effect at minimum levels.

Easytone's are unbeatable for both comfort and durability, say its consumers. Reebok have taken lengths to enhance the comfort of the shoe with underfoot cushioning. It is essential that the shoe is not painful to exercise in, as they can't work if you're not wearing them. However, strenuous exercise which causes the body to sway from side to side should be avoided while wearing the Easytone's, as Reebok have warned ankle damage may occur, as the trainers do not have sufficient support.

Despite the rigorous toning, Reebok claim the wearer will not feel the negative side effects like fatigue and aching in the muscles. Consumers have also been impressed with the stylish design of the trainer, which can be customised online to achieve a unique design and colour.

Interested in the new technology offered by [Easytone Trainers](#)? Why not try them out for yourself... You can purchase [Reebok Easytone](#) online or instore.

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