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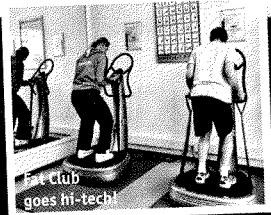


UNITED GET THE VIBE

MANCHESTER UNITED'S TITLE-CHALLENGE is going to get the shakes - with the official blessing of boss Sir Alex Ferguson!

Old Trafford physios have convinced the gaffer they need to take a leaf out of the books of Bolton and the England basketball team in a bid to boost the fitness of their stars.

The Red Devils will use a special machine called Power-Plate as part of their training regime, which gets the whole body of the user vibrating. The vibrations improve muscle strength, power, performance and flexibility and can even increase blood flow to help recovery from injuries.



Football club goes hi-tech!

