



Conditioning Research

where I put interesting things about fitness, strength, diet and performance.

Tuesday, May 26, 2009

optical illusion

This isn't exactly fitness related but it is absolutely fascinating

Check out this illusion:

[The break of the curveball](#)

Posted by Chris at [2:07 PM](#)

Labels: [illusion](#)



2 comments:

[marohi](#) said...

v. kewl.

BTW, thanks for the link to the Body by Science women workouts - really compelling. I will be far more mindful of my resistance training now.

BTW I'm a Kiwi and back in NZ for 7 years now but prior to that lived in Edinburgh for 3 years. I miss it! Such a beautiful city, and great people too :0).

[May 28, 2009 5:06 PM](#)

[rwac](#) said...

I guess that's where the "keep your eye on the ball" comes from.

If you look away you rely on your peripheral vision which leads to missing the ball.

[May 30, 2009 12:55 PM](#)