

Exercise through VR - Part 1

I've recently started a VR-based exercise regimen because, like many of us, I don't get enough exercise in my daily routine. I've found that combining fitness with gaming is a great motivator for me, especially after having success with the boxing rhythm game on the Switch. The immersive nature of VR seems like the perfect way to make working out both fun and effective, so I've been diving into a few different titles to see what works best for me.

So far, I have tried:

Groove Gunner

Groove Gunner has quickly become one of my favorite VR experiences. It combines the fast-paced action of a shooter with the rhythm-based mechanics that keep me engaged and coming back for more. In the game, you're tasked with shooting targets in time with the music while simultaneously using shields attached to your forearms to block incoming projectiles. The concept is simple, but the execution is superb, offering an intense workout that doesn't feel like a chore.

The one downside is the somewhat limited song selection, but the developers have mitigated this by offering a range of difficulty levels. This means that even if you're playing the same songs over and over, the varying levels of challenge provide enough variety to keep the game interesting. The higher difficulties really push you to improve your timing and accuracy, making it a great way to both hone your skills and get a good sweat going.

ShadowBoxr

ShadowBoxr is another VR title I've been exploring, and while it's still in early access, it shows a lot of promise as a boxing trainer. The game is designed to help you improve your boxing technique through rhythm-based exercises, but it's clear that it's still a work in progress. The graphics and mechanics aren't quite polished, and there are moments when the punches feel out of sync with the beat. This can be frustrating, especially when you're trying to maintain a rhythm, but I'm hopeful that these issues will be ironed out as development continues.

Despite these rough edges, ShadowBoxr isn't a bad option if you're looking for a boxing workout in VR. The core mechanics are there, and the potential for a solid training tool is evident. If the developers continue to refine the game, it could become a great way to incorporate boxing into your fitness routine, especially for those who prefer a more structured, trainer-like experience.

PowerBeats VR

PowerBeats VR is another strong contender in the VR fitness space. It's a solid game that focuses heavily on boxing training, offering a series of workouts designed to improve your agility, reflexes,

and overall fitness. The gameplay involves dodging, punching, and moving to the beat, which keeps you engaged and physically active throughout your session. It's a game that really gets your heart pumping, making it an excellent choice for cardio-focused workouts.

However, there's a bit of a catch. While the boxing mode is fully accessible from the start, other game modes are locked behind a leveling system. This means you'll need to put in some time to unlock all the features, which could be seen as a downside if you're eager to try everything right away. On the flip side, this progression system might be motivating for some players, providing an incentive to keep coming back and working on their fitness goals. Overall, PowerBeats VR offers a comprehensive and engaging workout, but it does require a bit of patience to access all of its content.

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