

How does it work?

You just need to exercise approximately 10 minutes every day on the **VIBRO BOOST**. This is equivalent to one hour at the gym.

The **VIBRO BOOST** works in a similar way to weight / resistance training and is called Vibration Training. The **VIBRO BOOST** generates vibrations from the platform to the body, which makes the muscles contract and expand approximately 30 times per second, depending on the speed it is on. It increases your blood circulation and metabolism at a much faster rate than conventional training

As a result you reach a fatigue point sooner and your body rebuilds and strengthens muscles much more rapidly. In conventional exercise for example, you get one contraction per squat, so it takes a lot more work to reach your desired goal, compared to approximately 30 contractions per second on the **VIBRO BOOST**. The **VIBRO BOOST** does the repetition for you, rather than you doing all the work - burning fat and cellulite for example, at a much faster rate.

You can freely adjust the frequency settings of the **VIBRO BOOST** from 30, 35 to 45hz, plus low amplitude (L) to produce a peak to peak wave displacement of 1 – 2mm and a high amplitude (H) which produces 3 to 4mm displacement depending on your needs. There are a variety of positions and programs you can exercise on the **VIBRO BOOST**, depending on what part of the body you want to work on.

Research has shown that Vibration Training helps people increase their strength, energy levels, bone mass density (by stressing the bone with more repetition - great for people at risk of osteoporosis or arthritis) and decrease body fat, cellulite and stress levels. It also improves circulation and injury recovery time and is great for the digestive system because it massages points relating to Ancient Chinese Medicine.

Vibration Training is also great for knee and joint injuries and spinal cord dysfunction. It has also been shown to improve symptoms of Parkinson's disease and Asthma. Its benefits are obvious for rehabilitation as well as performance enhancement, general health and weight loss.

The **VIBRO BOOST** is safe for use by children, however adult supervision is recommended. We also suggest that those with a medical condition requiring supervision consult their physician before doing Vibration Training.

DO NOT DO VIBRATION TRAINING IF YOU ARE PREGNANT OR HAVE A PACE-MAKER.

Vibration Training

Vibration Training was first formulated by the Russian Space Agency in the 1970s. Scientists began looking at solutions for combating the depletion of bone density in astronauts caused by zero gravity.

Through extensive research, the Russians found that standing on a vibrating platform it stimulated muscle and bone development.

It did not take long for other scientists working in sport, to start using vibration platforms on their athletes, with obvious benefits.

Benefits from Vibration Training

Vibration training is fitness for busy people and one of the most effective ways to enhance your existing workout. Vibration training helps to:

- Decrease appearance of cellulite
- Accelerate weight loss and reduction of body fat
- Increase bone density, reduce muscles wasting
- Increase circulation
- Enhance explosive strength
- Increase flexibility, mobility, coordination, and range of motion & improve balance
- Increase blood circulation and glucose metabolism at a cellular level
- Improve cellular oxygen and nutrient delivery which slows the ageing process
- Stimulates lymph drainage and oxygenation, as well as improving collagen production
- Increase Basal Metabolic Rate (daily calorie burn)
- Assists pain management and reduce different types of pain, e.g. Lower back
- Speed training recovery
- Improve of muscle strength and performance
- Reduce effects of stress, increases natural release of endorphins
- Increase absorption of supplements
- Reduces arterial-plaque "Arteriosclerosis"
- Enhances conventional training results, reduces training time

All this coupled with a balanced diet will help you pursue a fitter & healthier life.

