

1. Is vibration training something new?

No, it was originally designed to help the Russian astronauts, known as cosmonauts. American astronauts usually spent on average 120 days in space before returning. Their Russian colleagues, however, would spend up to 420 days in space. This has led to a loss of muscle strength and bone density because of the weightless environment. Whole Body Vibration exercise came out of the need to help these Russian cosmonauts to regain their strength and mobility after spending time in space. Seeing the results from such a quick and effective and gentle way to exercise, the Russian Olympic athletes also started using Whole Body Vibration training. They would start seeing spectacular results in their strength and ability to recover from their very difficult workouts. Once communism fell in Russia, the secrets of Whole Body Vibration made its way to Europe in the early 1990's. Just like in Russia, other European athletes began using this form of effective exercise. Not only were the athletes using it, but health professionals involved in rehabilitation began putting their patients on it. Pretty soon, Whole Body Vibration began to be used in hospitals, physical therapy clinics, and rehabilitation facilities. Everyone from the elderly, the person with physical disabilities, to the general person looking to get toned began using this exciting form of exercise. Due to its many benefits, the technology has quickly gained acceptance and is now utilized by universities, professional sports teams, and health professionals in the rehabilitation and medical fields

2. Is vibration training safe?

Yes. Whole Body Vibration utilizes a very specific frequency range that is both proven in research and safe and effective. Every object has a resonance frequency. For example, internal organs and the spine have a resonance frequency between 5 and 20 Hz. Any vibration at a frequency of less than 20 Hz is NOT recommended. Whole Body Vibration stays within the safe range. This is why countless hours of exercise has been performed using Whole Body Vibration and there has been no detrimental value.

3. Is there research behind this technology?

Vibration training has 40 years of research behind it's science. With any technology, the individual needs to take a critical look at the research and validity behind it. Whole Body Vibration has been featured in such prestigious and influential peer reviewed journals as Spine, Journal of Bone and Mineral Density, and Medicine & Science in Sports & Exercise. With it's potential applications, new research is constantly being initiated across numerous North American and European Universities.

4. What makes whole body vibration exercise different from conventional training?

Whole Body Vibration has the competitive advantage over conventional training due to its ability to provide a more effective and efficient exercise without the constraints associated with regular training, such as joint stress, lengthy repetitions and time commitments. Research has shown similar strength gains to conventional resistance training at a fraction of the time. Fifteen minutes of Vibration exercise produces similar results to 1 hour in conventional training. In addition, there is less stress on the joints, ligaments and tendons with Vibration training when compared to regular resistance training. Therefore, Whole Body Vibration provides an effective solution to those that may benefit from weight training, but are unable to engage in

5. What is the science behind this type of exercise?

The science behind Vibration exercise follows several different principles:

The Stretch Reflex:

The movement of the vibration plate with an amplitude of 4 mm simulates the body's natural 'stretch reflex' (Tonic Vibration Reflex). This is similar to the knee jerk reaction that occurs when the knee is tapped by a reflex hammer in a doctor's office. Without thinking about it, your body responds with a strong involuntary muscle contraction, leading to your leg 'kicking out'. With Whole Body Vibration technology, these strong muscle contractions can be repeated at a rapid rate. At a frequency of 20 to 60 times a second, Whole Body Vibration can produce up to 6000 contractions in 1 minute.

Nearly 100% Muscle Recruitment:

Due to its involuntary effect on muscle contraction, nearly 100% of the muscle fibers are recruited. Compare this to conventional training where there is only on average 40% muscle recruitment. This benefits the rehabilitation patient looking to add stability and strength to all muscles around their joints, to the athlete looking to maximize strength gains.

Increased Blood Circulation:

The gentle rapid contractions of up to 3000 times per minute allow the muscle to work as a pump in introducing blood to even the smallest blood vessels. This leads to the ability of the body to carry off waste products much faster, leading to increased peripheral circulation.

6. What is the age limit to Whole Body Vibration training?

There is no upper age limit to this type of exercise. By itself, it is not indicate a contraindication. Whole Body Vibration has many benefits for the elderly population, including positive effects on bone density, improvements in blood circulation, and increase in strength, balance and flexibility. All this is accomplished with less stress on the joints, tendons and ligaments than conventional exercise

7. What is the youngest age for vibration training?

We recommend following general guidelines on resistance training for adolescents. Taking this into consideration, we recommend an age limit of 12. However, there should always be supervision by a qualified individual. Any age less than 12 requires approval from a physician prior to any exercise

8. You state that using Whole Body Vibration is like weight training. Being a woman, I want to get more toned, but will I get bigger?

No. Getting bigger is mostly due to testosterone, which women do not have enough. Whole Body Vibration is designed to get you toned. You will begin replacing fat with muscle. This wont make you look bigger, but make you look slimmer.

9. What exactly is cellulite and how does Whole Body Vibration help with this?

Cellulite is sometimes termed 'cottage cheese'. This is not a problem for a certain group of people. This can happen to anyone at any age, regardless of whether you are skinny or overweight! Basically, cellulite is fat accumulation under the skin. This is usually in a honeycombed shaped pattern. In some people, this fat tends to bulge out like stuffing in a mattress. This is the 'cellulite' that you see.

In order to fight cellulite, an exercise program has to be specific. Basically, you must increase muscle tone, and replace fat stores with lean muscle. Most women know that doing high repetitions of exercise at all the possible angles is the best way to fight off cellulite. Whole Body Vibration is able to provide a very high rate of muscle contraction repetitions (3000 per minute). In addition, all muscle fibers are being worked.

10. I've heard people say that vibration exercise helps with anti aging. How is this possible?

There are many factors that go with aging. Inactivity and stress are two. This excercise practically takes 10 minutes a day, three times per week. Vibration exercise has been shown to decrease the stress hormone cortisol.

11. How many calories does using Whole Body Vibration burn?

Lets look at it another way. Our metabolism is unique to us. Metabolism is our body's ability to burn a certain number of calories a day. The higher our metabolism, the more calories a day we can burn every day. Whole Body Vibration exercise has been shown to increase our resting metabolism. To answer the question, vibration exercise will allow you, over time, to burn more calories per day than you did before starting vibration training. This will help in preventing a drop in metabolism if you wanted to lose weight, or allow you to be able to eat healthy and maintain your weight over time.

12. I have osteoporosis. How can Whole Body Vibration help?

Vibration training helps by increasing the strength of your muscles. It's well known that the strength of the bones is influenced by the strength of your muscles. Vibration training is a safe and gentle way to achieve these strength gains. For further information, please go to the research section of this site for more information.

13. I have fibromyalgia and was told not to weight train. How does Whole Body Vibration help me?

An effective program for those with fibromyalgia will involve exercises that promote strength, flexibility and endurance. Vibration exercise has been shown to produce greater increases in flexibility over conventional training, with less stress on the joints. In addition, strength gains with vibration training are comparable to regular exercise, except the time to complete exercises is shorter. More importantly, vibration exercise has

been shown to be gentle and safe, without putting undue stress on your joints. Consult your physician prior to starting any exercise program.

14. I have arthritis. Will Whole Body Vibration be helpful?

Exercise has shown to be beneficial for those with arthritis, with the goal of strengthening the muscles around the joints in keeping the area stabilized and to prevent further injury. Vibration exercise minimizes stress on the joints, making it an ideal exercise solution. Various health professionals have incorporated vibration training into their treatment plans. Once you are screened by your health professional, they will be able to recommend the appropriate vibration treatment regimen for your particular condition.

15. How often should I use it to see results?

Use of Whole Body Vibration is similar to regular training in some aspects. How often you use it will depend on what you are hoping to accomplish. For those looking for strength gains, we recommend approximately 3 times per week. Others may use it every day for recovery and warming up and cooling down. Due to its ability to increase circulation, lactic acid is quickly cleared, leading to faster recovery and ability to use it again.

In other aspects, whole body vibration exercise is more efficient than conventional training. With regular weight training, muscles undergo some micro tears through the stresses placed on it. This leads to a recovery time of 48 hours before engaging in that activity again. Vibration training minimizes these micro tears. Combine this with the increased circulation, there is only a 24-hour recovery period before using it again for the same body part