

## **VIBROGYM**

### **Product Information**



**The World's highest selling vibration plate**

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## Introducing VibroGym

VibroGym is a vibration training platform that achieves the benefits of a complete full body strength workout in only 15 minutes with minimal strain to joints and ligaments.

In addition to rapid strength gains, studies by numerous independent universities have shown:

- *Increase in explosive power*
- *Increase in bone mass density*
- *Increase in repair and human growth hormones*
- *Reduction in delayed-onset muscle soreness*
- *Decrease in cortisol (stress hormone)*
- *Increase in basal metabolic rate*
- *Increase in fat free mass and a decrease in cellulite*
- *Stimulates recovery after ACL (anterior cruciate ligament rupture)*
- *Decrease in pain in people with fibromyalgia*
- *Beneficial effects for diabetes sufferers*
- *Increases balance in geriatrics*
- *Decreases DOMS in Runners*

Just as the Swiss ball revolutionised the effectiveness of core stability training, the VibroGym will add an additional dimension to the way strength training is performed.

**Prior to March 2004 the platform was marketed as PowerPlate; all original research was performed on this platform. As of March 2004 a marketing decision was made to remarket the platform under the name VibroGym. The current PowerPlate product no longer benefits from the high quality Dutch engineering, innovation and construction of the VibroGym.**

## The World's Highest Selling Vibration Training Plate

The VibroGym was designed by Dutch designer and inventor, Marcel Tamminga of Latam Company, who invented what has now become the best-known vibration platform in the world. With a team of industrial designers, technicians, programmers and training specialists, he laid the foundation for a revolution in fitness training.

Never before had a vibration machine been developed that was so safe and user-friendly and at the same time suitable for intensive professional use. The invention of the variable pulse rate (High/Low application) ensures that vibration training and therapy is available to a much broader target group. This feature enables the user to adapt the vibrational intensity to their own preference, which helps them to stay highly motivated.

The VibroGym, which is entirely European designed and built, has developed into a worldwide market leader.





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## How Does VibroGym Work?

The VibroGym plate works by oscillating at a range of frequencies and amplitudes that stimulate the body to recruit muscles to dampen the forces. Rather than a traditional workout where your body is loaded with weights, the rapid accelerations of the plate load your body with forces. The vibrations also create a reflex contraction that activates a higher percentage of muscle fibres than would occur in a maximal voluntary contraction. This superior activation of fibres allows the individual to gain the benefits of a full strength workout in much less time.

The ***VibroGym is the world's highest-selling vibration plate*** and is utilised worldwide by sporting teams such as Arsenal and Chelsea premier league football clubs, the New York Mets, San Antonio Spurs and many others.

## Latest VibroGym research findings

- **Increase in blood flow**

Increases in muscle flexibility and strength, secretion of hormones important in the regeneration and repair process, blood flow, and strength of bone tissues has been attributed to whole body vibration (WBV) combined with exercise.

- **Decrease in DOMS in runners**

We conclude that during recovery from an eccentric run, Vibration Therapy (VT) substantially reduces DOMS, promotes an immune response suggestive of increased leukocyte recruitment and infiltration of inflamed muscle, and increases the clearance or reduces production of IL6. VT may be a useful modality in reducing muscle inflammation and DOMS associated with sports injuries.

- **Benefits for Total Knee Replacement**

Whole-body vibration strengthening compared to traditional strengthening during physical therapy in individuals with total knee arthroplasty. There was a significant increase in knee extensor strength and improvements in mobility. Subjects showed improved strength and function. Subjects also expressed liking WBV and their rehabilitation adherence levels were high.

- **Decrease in pain in people with fibromyalgia**

Noticeable improvements after using VibroGym were: decreased pain in the last 48 hours after training sessions, decreased number of workdays missed in the last seven days, increased 'feel good' days, decreased anxiety and depression.

- **Positive effects for MS sufferers**

New VibroGym Research Vibration therapy in multiple sclerosis 2010: Effects of whole body vibration on strength and functional mobility in multiple sclerosis. Regular WBV training on the VibroGym can improve lower limb strength and mobility in some individuals with multiple sclerosis. Regular WBV training may be particularly beneficial for those who are in a moderate stage of MS and do not perform any other exercise. University of South Australia and MS Society of South Australia Adelaide

- **Beneficial effects for diabetes sufferers**

Vibration exercise may be an effective and low time consuming tool to enhance glycemic control in type 2 diabetes patients.

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## Whole Body Vibration (WBV) Training Studies

The research in all of the studies listed below has been carried out using the VibroGym platform.

- **Increase in muscle strength and explosive power**

VibroGym increases leg strength in young women - WBV and the reflexive muscle contraction it provokes has the potential to induce strength gain in knee extensors of previously untrained females to the same extent as resistance training at moderate intensity.

VibroGym increases leg strength in older women - Muscle strength and speed of movement of knee extensors and counter-movement jump performance increased significantly in older women after 24 weeks of WBV training.

VibroGym increases leg strength with weights for football players.

- **Increase in bone mass density**

VibroGym can increase bone density in 6 months. The VibroGym improved a number of key measures of fitness for post-menopausal over 6 months.

'In healthy postmenopausal women, a 24-week whole body vibration program is feasible and able to modify muscle strength, balance, and hip bone density which are well-recognized risk factors.'

- **Reduction in delayed-onset muscle soreness**

VibroGym can help reduce Delayed Onset Muscle Soreness (DOMS) and speed the recovery of muscle power after intense exercise.

'The findings within this study suggest that vibratory massage may also be a useful rehabilitation intervention for those individuals who suffer from delayed onset muscle soreness. This would have implications upon employment of masseurs and open a debate to determine their necessity. In turn this may make the role of masseurs redundant and reduce on-going rehabilitation costs.'

- **Increase in basal metabolic rate**

The VibroGym can increase BMR with little exercise and massage in 6 weeks.

- **Increase in fat free mass and a decrease in cellulite**

VibroGym decreased cellulite in 24 weeks by 25%. With the addition of cardio training reduction improved to 32%.

- **Stimulates recovery after ACL (anterior cruciate ligament rupture)**

Combined with conventional physiotherapy, exercises on the VibroGym lead to improved muscular power, enhanced proprioceptive abilities and stabilisation of the art. VibroGym is the obvious choice for anyone wanting to recover as quickly as possible from this kind of surgery in order to get back to normal daily activities such as work and sports.

- **Increases balance in geriatrics**

VibroGym can help improve strength, balance and flexibility in geriatrics in six weeks. In addition WBV training may be a feasible and effective way to modify well recognised risk factors for falls and fractures in older women and support the need for further human studies.

- **Positive effects for MS sufferers**

A pilot study was conducted to explore the effect of the VibroGym on tone, muscle force, sensation and functional performance. The exercise programme had positive effects on muscle force and well-being leading to a reduction in muscle spasms.

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## Testimonials from VibroGym Users

**Sara Carrigan, Olympic Gold Medallist, Road Cycling** - *"I have enjoyed considerable benefits using VibroGym and this combined with enhanced recovery will power me towards Beijing Gold in 2008...it is the ultimate 'secret' weapon".*

**Ben Hinton, Researcher, Edith Cowan University** - *"The results are very promising for assisting sportspeople in achieving flexibility and range of motion gains which may help them to improve technique and reduce injury."*

**Lydia Ierodiaconcou, Olympic and Commonwealth Games aerial skier: Gold Medalist** - *"I used the Vibrogym before knee surgery and found that it really complimented the weights and cardiovascular training that I was doing at the gym. I've used Vibrogym after a workout in the gym, to do balance and rehabilitation exercises for my knee as well as core stability and of course, for cool down and massage. In terms of a work out, I find that you can really increase the intensity to make the exercise session quite challenging and a great workout. The great thing about Vibrogym is that I always feel really light and energised after a session rather than heavy and lethargic like I do after a regular gym session."*

**Tatiana Gregorieva, Olympic pole vault silver medalist** - *"I use vibration training before and after training because it allows me to train harder and recover faster. There has been a lot of international research done on vibration training showing that it greatly reduces Delayed Onset Muscle Soreness and that it can give me improved flexibility and jumping power in much less time than conventional training."*

**Adam Balding, Worcester Warriors RFC** – *"Dan certainly helped my rehabilitation from injury using VibroGym techniques, he also helped me equally balance my core strength and agility. Dan was very professional in everything he ever did with me. Many Thanks"*

## Testimonials from VibroGym Owners

**Hayley Personal Trainer - VibroGym Owner** - *"Since bringing the VibroGym into my fitness studio I have had nothing but success. I have increased my client base and am now able to offer training to those who would normally not be able to exercise regularly due to injury or illness. I have also integrated it into my personal training sessions which have allowed my customers to achieve quicker and more effective results. The ladies love the beauty benefits the VibroGym has brought, them such as smoothing out their cellulite and visible veins. It is a win-win machine and I have thoroughly enjoyed using it and having it in my studio."*

**Merrilyn Personal Trainer - VibroGym Owner** – *"My business has grown, the VibroGym has provided so many with great results. Loving vibration training."*

**Adam Personal Trainer VibroGym Owner** - *"I have had nothing but success with the VibroGym, all my clients are very skeptical to start of with and ask for a lot of information before they initially have a taster session, but as soon as they do have a go, I have not had one person who has not come back and booked a course of sessions. The machine has personally helped me through rehab on my knee after a minor operation."*

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