



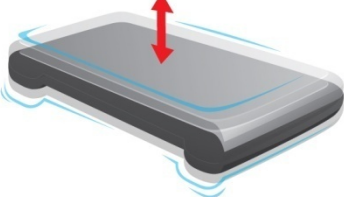
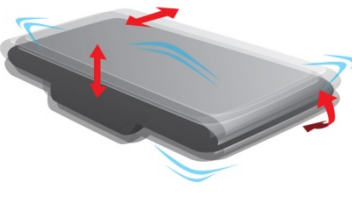
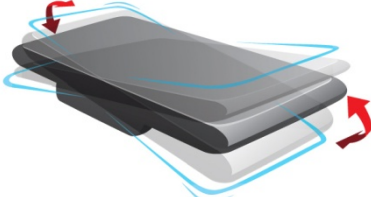
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Whole Body Vibration

The overriding benefits of Whole Body Vibration (WBV) are universal...

- WBV works and tones your muscles
- WBV increases your blood flow
- WBV increases your lymphatic drainage
- WBV increases the release of endorphins
- WBV lowers your stress hormone Cortisol
- WBV trains your equilibrium sense

...But there are 3 different forms of Whole Body Vibration

	Vertical Vibration	Elliptical Vibration	Oscillating Vibration
			
How does the platform move?	The platform moves straight up and down. Vertical vibration units tend to have an amplitude of 2-4 mm and frequencies between 20-50 Hz	Elliptical platforms move similarly to vertical units but with more horizontal and less vertical movement.	One side of the platform elevates up, while the other side lowers down, alternating like a "teeter-totter" Amplitude can reach 1cm and frequencies range between 5-35 Hz.
What happens inside the body?	The vibration stimulus travels straight up through the body. The user's whole bodyweight is being mobilized. Lymphatic fluids are circulated well.	This is the most benign form of vibration that tends to be the best modality to stimulate the proprioceptive system and circulation in the lower extremities.	The movement focuses on the hip and pelvic region which contributes to mobilization and activates the core muscles. Also great for organ stimulation.
Who is this form of WBV best for?	Vertical vibration is best for strong and active users who seek accelerated fitness training for building and toning muscle. It's also great for combating Osteoporosis because it maximizes lymph drainage and promotes the function of Osteoblast.	Elliptical vibration works great for users rehabbing from sports injuries as well as elderly users with balance issues and circulation problems.	Oscillating vibration is great for those who suffer from lack of mobility in the lumbar and sacroiliac areas, core muscle weakness, or generally have not been mobile in quite some time.