

Shape up with some Good Vibrations!

If you're new to the workout world then you may be wondering what vibrations have to do with working out. Well, whether you're just embarking on your exercise routine for the New Year or you're a seasoned fitness fanatic, I'd like to introduce you to, or remind you of, the wonders of Power Plate, the leading vibration machine, used by celebrities, sports stars, medical centres and fitness clubs and studios all over the world.

Exercising on the Power Plate machine will strengthen and tone your muscles, banish unwanted cellulite, help rehabilitate from injury and manage pain, improve sports performance and help certain medical conditions. And I should know. I've been a Power Plate Master Trainer for 7 years, travelling the globe delivering their accredited courses to trainers, medics and Government healthcare officials. Everywhere I go, people are amazed at the huge number of benefits it brings and just how effective it is. Intrigued... Then read on.

What is Vibration Training?

Vibration training, more accurately known as acceleration training, involves performing strength exercises (such as a squat or push up) on a platform that moves up and down at varying frequencies. The fast vertical movement of the platform (it moves between 25 and 50 times per second) causes a reflex response in your muscles causing them to contract and relax automatically at roughly the same speed as the platform. Essentially, the vibrations are accelerating the force of gravity going through your body making your body work overtime to overcome these forces. The result is that more of your muscle fibres are activated and at a much faster rate than you could achieve consciously in the gym. So, you get your workout done in half the time. Sounds good hey!

What are the Benefits?

Faster Workout, Faster Results – As mentioned above your muscles contract and relax between 25 and 50 times per second when you work out on a Power Plate machine. Simply standing in a squat position on the machine, at 30 hertz of frequency for 30 seconds will produce 900 muscle contractions! This gives you a maximal calorie burn in a fraction of the time it would take with conventional exercise equipment.

A Power Plate workout is typically 30 minutes in duration. Each exercise is performed for only 30-60 seconds before you move onto the next. This method prevents over-fatiguing one muscle group and reduces the need for rest, allowing you to maximize your workout effort and calorie burn. . The beauty of Power Plate is that it can be done in your lunch break and still allow you time to eat and return refreshed!

Improved Strength – Vibration training is primarily a strength training machine and strength training produces a greater 'after-burn effect'. This means you burn excess calories during

recovery to rebuild and repair your muscles. This calorie burn can be greater than the calories you burn during cardiovascular training, like running or cycling. Strength training using vibration gives anyone who is cautious about lifting weights, for fear of 'bulking up' or injuring themselves, an effective strength training workout and a maximal calorie burn with no stress or impact to their joints.

Improved Body Shape and Reduced Cellulite - Most noticeably, vibration training will change your body shape, by lifting, firming and toning your entire body. And the massage application can help to reduce cellulite by increasing lymphatic flow, removing the toxins that accumulate in the cells and contribute to the lumpy bumpy effect that we women especially so want to be rid of!

Medical Benefits – Vibration training increases bone density, can reduce pain associated with arthritis and lower back pain, increase blood flow and therefore ease joint pain. It can also help sufferers of MS and Parkinson's disease to achieve better muscular control and delay the progression of their condition. Power Plate is the only vibration machine with Medical Device Directory (MDD) certification, proving all the research and evidence behind these claims are true.

Improved Stability and Co-ordination - The Power Plate platform moves in 3 directions (up and down, side to side and front to back) so that your stabilizing muscles go into overtime whilst you work out on the machine. This makes it great for rehabilitation as well as improving sports performance and reducing the risk of falls in those more elderly.

Instant Improved Flexibility - Flexibility can be immediately improved by performing your standard stretches on the Power Plate platform. A process that can ordinarily be quite mundane, slow and boring becomes accelerated with Power Plate. The vibration increases blood flow which warms the muscles and makes them more pliable. The result is greater mobility and ease of movement for everyday life.

So, why not give it a try? I strongly recommend it. Power Plate machines can be found Nationwide at health clubs and studios – visit www.powerplate.co.uk for your nearest location and to download Power Plate exercise routines delivered by me, to help guide you through your vibration workout!