

The Benefits of Vibration Training

The Soviets experimented with vibration techniques to help their Cosmonauts stay in space longer. One of the problems with space travel was muscle atrophy, or severe muscle wasting, and bone loss that comes with a zero-gravity atmosphere. The Soviets discovered vibrational training that allowed their cosmonauts to stay healthy and strong in space for an average of 400 days as compared with 130 days for US astronauts.

Some of the benefits of vibrational training include

- Improved balance, posture and spatial sense.
- Slim down and get rid of belly fat. Vibration training causes a drop in the creation of new fat cells.
- Reduces cellulite on thighs and buttocks.
- Supports bone strength and slows osteoporosis.
- With vibration training, your body's muscles contract between 25 and 50 times a second as you make gentle body movements. It's this constant muscle tensioning that increases muscle strength. Vibration training allows you to reap **all** the benefits of strength training with ease and in just a fraction of the time. Just like the cosmonauts.
- Improves circulation of both blood and lymph. Vibration training works as a "mechanical massage" for your body. Without any physical touch, thousands of muscle contractions help to increase circulation.
- Improves mobility and allows movement with comfort and ease. An excellent work out for people with limited mobility.
- Improve parts of your body you *can't see or feel*. Strengthens core muscles and improves posture.
- Helps balance hormones.

A recent human study of 79 obese adults found:

- Those using vibrational training in addition to a low calorie diet **lost twice as much visceral fat** after six months compared to those who followed a low calorie diet with cardio and weight training.
- The decrease in visceral fat remained at the same level in the vibration group after 12 months, while the diet and fitness groups returned to their normal baseline values after 12 months.
- In a 2004 German study, Whole Body Vibration training **alone** reduced cellulite on subjects' thighs and buttocks. When cardio exercises were added to Vibration training, cellulite dropped even more.