



Vibration Plate Training



What is Vibration Plate?

The vibration plate is vertical platform that vibrates whilst you perform conventional exercises. Whilst performing the exercises on the plate the vibrations are transferred through the body, the muscles respond with the stretch reflex (e.g. knee jerk-reflex test; the tap on the tendon slightly stretches the quadriceps, they react by contracting which tends to straighten the leg).

During a power plate session almost 100% of the body's muscles are used compared to 40-60% used when using conventional training. Deeper lying muscles such as postural muscles and other muscles that we do not use often will be activated thus increasing the percentage of muscles worked during a session. And because nearly 100% of the muscles of worked, a full body workout can be achieved in 10minutes.

Where did it originate from?

The vibration plate originates from the Soviet Space Program, and is supported with over 40 years of research. Due to the lack of gravity in space, Russian scientists discovered that cosmonauts lost a significant amount of bone density and muscle tissue. They experimented with whole body vibration and the results not only stopped the issue of losing bone density and muscles tissue but also increased.

Research on vibration plates continues throughout the world, focusing on areas such as, performance enhancement, rehabilitation & health. A recent study of 8 professional athletes that had ACL ruptures concluded that the vibration training improved recovery. Furthermore, research in the health sector found that stroke patients that trained on a vibration plate improved proprioceptive control of their posture, and there has been positive research for those patients in rehabilitation with spinal cord dysfunction and Parkinson's disease.

Vibration training

Vibration plates are suitable for all ages, lifestyles and abilities. The plates are used by a number of professional sports teams, rehabilitation institutes and health and fitness institutes. Exercises such as squats, press ups can be performed on the plates along with stretching exercises and the vibration is said to improve flexibility. There are many sport, fitness, health and beauty benefits when incorporating power plate sessions into an exercise routine.

Benefits include:

Increase flexibility & mobility

decrease appearance of cellulite

reduce lower back pain

Reduce training time

pain management

accelerate weight loss

increase bone density

Increase the happy hormone (serotonin)

increase basal metabolic rate (daily calorie burn)

The vibration plate is a low intensity workout and should be used incorporated into an exercise routine, ensuring to include cardiovascular exercise. Before participating in vibration training it is important to seek advice from professional vibration plate instructors.

For more information on programs visit www.powerplate.com