



Total Body Vibration for Your Members

by Alex Mikheev

Vibration exercise enhances physical fitness for activities of daily life. The benefits of vibration stimulation open a new frontier of health and fitness, especially for the “baby boomers” and aging market. Club owners should be aware of this growing trend and implementation of vibration technology. The following will help explain the differences between static and dynamic exercise using vibration.

Benefits of Vibration include:

- 15 to 20 percent increase in muscle growth
- Pre-workout warm-up and post-workout cool-down
- Anti-aging
- Increased bone density
- Improved flexibility
- Enhanced sport performance
- Enhanced blood circulation.

It is important to understand that when standing on a vibrating plate or platform, the major vibration effect is applied to the feet. The vibration effect diminishes as the vibration waves move upward through the ankles, calves, muscle, bone and tendons. This form of vibration is known as static exercise.

In contrast, total body vibration, which has recently become available, combines the known advantages of platform (static) vibration with the additional capability to target either the total body or specific body parts with vibration during both static and dynamic (movement) exercises. Total body vibration applies vibration stimulation to the user through foot pedals, handgrips, handrails and a seat. The user may experience vibration stimulation in the following ways:

1. Stand on the pedals and hold handrails. (This duplicates a vibrating platform.)

2. Stand, hold handrails and take steps from one to 18 inches high.

3. Stand and hold handgrips in an isometric full body stretch.

4. Stand and hold handgrips exercising arms and legs from one to 18 inches.

5. Sit motionless on the vibrating seat and hold handrails.

6. Sit and exercise legs.

7. Sit and exercise arms.

8. Sit and exercise arms and legs.

9. Stand on the floor and exercise arms only.

Ideally, when applying vibration stimulation, the body and muscles benefit when vibration is applied linear or parallel to muscle fibers - referred to as L-Vibration. There are only a few forms of devices through which Dosed L-Vibration (Dosed Linear Vibration) is available. The type of device generally determines the type of exercises one can perform. Static and Dynamic exercises are types of exercises. Vibration devices in their various forms can be more Static, Dynamic, or both. Static exercise is performed with little or no movement, like isometrics. Dynamic exercise is performed with movement. Static exercise is relatively good for flexibility, warming up and restoring or recovery. Dynamic exercise has been shown to be superior for flexibility, warming up, restoration, strength, power, calorie burn and more. Dosed L-Vibration increases the effects of any exercise from 10 to 30 percent with no additional effort required by the user.

Vibration plates are devices that tend to be much more static in the exercises performed. Also, if any dynamic exercises are performed, they are callisthenic in nature or body-weight oriented. One must move into various positions, on and around the platform, in order to perform exercises with proper position and form.

New Vibration Steppers offer both static and dynamic exercise application. In a standing, seated, or stationary position, static vibration exercise is available similar to a vibration plate. But, In addition, stepping exercise from one to 18 inches with and without vibration is available.

Vibration Total Body Climbers offer both static and dynamic total body, stepping, and seated exercises. Total body climbing from one- to 18-inch stride is available with or without vibration.

Vibration resistance systems offer both vibration and non-vibration exercises. These systems have taken the traditional “selectorized” resistance machines and increased their effectiveness 10 to 30 percent.

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