

## **NFL teams using the power of Whole-body Vibration Exercise to get the edge.**

*By Generation Fitness - Vibration Machine Experts*

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*Many NFL teams are using Whole-body Vibration Exercise Machines in their regular routines to improve player performance! Vibration training which originated in Europe has been gaining momentum and being integrated into daily routines.*

The revolutionary technology of Whole Body Vibration is being used by professional sports teams, universities, healthcare practitioners, fitness centers and elite athletes in a variety of applications. Vibration exercise training is looking to be the next big thing in fitness. With the average price for a body Vibration Machine ranging from \$1699 to \$5500 this cutting edge technology is affordable to the masses and can be ordered online.

This advanced technology allows you to burn fat and cellulite, increases Human Growth Hormone, increases muscle strength, increase metabolism, builds bone density, and improves flexibility.

What is Whole Body Vibration (WBV)? Well Whole Body Vibration is the application of variable vibrating frequencies to the entire body's muscular, skeletal, organ, glandular and nervous systems. These vibrations usually range from 21 hertz to as high as 65 hertz depending on the type and brand of machine used. The differing vibration frequencies have different effects on body function. Typically in Whole Body Vibration, lower frequencies are very effective for strength training, warming up and cooling down while higher frequencies are usually used for massage and increasing blood circulation to peripheral body tissues. These Whole Body Vibrations are created by a mechanically vibrating platform and transduced to the body through the feet or hands which are in contact with the vibrating plate, platform or handlebars. The body automatically adjusts to these mechanical stimuli by responding with a stretch reflex. This stretch reflex, which is occurring in the muscles, is actually a reflexive adjustment that is occurring in the brain. Consequently, Whole Body Vibration causes the brain to train in a way that induces a neuro-regenerative effect. In other words, the brain is rejuvenated and restored to a healthier state of function.