

WOBBLE AWAY

7 Great Reasons to Wobble Away!

Wobble Away helps build muscle tone and strengthen bones

Wobble Away actively reduces cellulite

A 20 minute session on a Wobble Away is equal to 1 hour sweating in the gym!

Make friends in our relaxed and friendly atmosphere

Wobble Away improves blood circulation

The Wobble Away has been recommended as beneficial for people suffering with physical injuries

There is no joining fee, come along, shape up, and have fun!

So how does the Wobble Away Vibration Plate work?

The plate produces a vibration through which energy is transformed from the platform to the body. By standing on the plate you will notice how your body automatically adjusts to the vibrations. This mechanical stimulus produces a stretch reflex which, depending on the selected frequency, results in muscles vigorously contracting 30 to 50 times per second. Exercise causes the body to tire: rest allows the body to recover. By repeating this process, the body adjusts to the level of effort, resulting in an increase in physical performance. This phenomenon is called '**Super Compensation**'. This similarly occurs when training on the plate however compared to traditional training methods greater results are achieved and hormonal productions are increased in much less time.

Body Vibration Therapy

The 'Vibration Plate' is designed to build muscle tone, strengthen bones and fight cellulite. This revolutionary type of body toning machine will change your lifestyle and offer fabulous gains in only 20 minutes 3 times per week. In conjunction with a healthy eating plan users will see the following results:

- Increase metabolism and accelerate weight loss.
- Reduced appearance of cellulite, improved skin and muscle tone.
- Detoxification, cellular waste removal.
- Increase bone density and help prevent osteoporosis
- Improved blood circulation

The Vibration Plate machine has been recommended as beneficial for people suffering with the following conditions:

- Arthritis
- Back Pain
- Cerebral Palsy
- Fibromyalgia
- Frozen Shoulder
- Indigestion
- Insomnia
- Multiple Sclerosis
- Osteoporosis
- Poor Blood Circulation
- Past Injury
- Sports Injury
- Post Rehabilitation
- Rhythmic Strain Injuries
- Stroke

People with the following contraindications should not use this machine:

- Acute Inflammation
- Acute Joint Disorder
- Acute Rheumatoid Arthritis
- Epilepsy
- Fresh Surgery Wounds
- Heart Valve Disorders
- Pregnancy
- Recent Joint Implants
- Tumors or Serious Cardiovascular Diseases

Fee

Non members:

£25 per month - 3 times a week

20 mins a day

£8 per week- 3 times a week

20 mins a day

£5 per session - 20mins

Or unlimited option: maximum 20mins a day

3 months: £80

6months:£150

12 Months: £250

Dubbed 'THE MIRACLE' Machine

Manufacturers claim that the 'Vibration Platform' offers the same benefits of an hour long sweaty gym work out in just 20 minutes, with the machine burning the calories for you.

The plate works by giving the body a high speed workout, and the vibrations make the muscles contract and relax up to 50 times a second.

History of Vibration Based Exercise

Originally developed by the Russian scientist Vladimir Nazrov, vibration training was used to prevent astronauts muscles and bones wasting away when they were in space. Later on it was used by Russian Ballet dancers who discovered that the vibration properties from the machine could aid the healing of their injuries by increasing their muscle strength. The Dutch Olympic trainer 'Gus van der Meer used this research in 1999 to develop the machine for the health and fitness sector.

In addition to increasing strength and toning the body, makers boast that it can improve blood flow and reduce cellulite if used for 20 minutes, 3 times a week. Instead of jogging or power walking users are instructed to do gentle exercises like squats or stretches on the platform.

"Power plate offers the benefits of a regular work-out, toned body, better flexibility, improved circulation which helps to reduce the appearance of cellulite, increased stamina and improved fitness and wellbeing."

source: Daily Mail

