

Whole Body Vibration Machine - Rocking in the Fitness World

In today's health conscious world, **whole body vibration machine** (also abbreviated as WBV) have become the latest craze everywhere. The first applications of vibration machine for the improvement of human health performance were developed successfully in ancient Greece in 1880s and hence it will be right to say that it is the most reliable fitness source. Basically it is a body vibration exercise and therapy for whole body healing treatment. A particular form of vibration machine is vibration training, which is becoming increasingly popular. Initially, vibration training was mainly used in the fitness industry, but the use of vibration machine using latest techniques is expanding quickly. Now days it is widely used in physical therapy, rehabilitation and professional sports. Besides it is also increasingly use for beauty and wellness applications. Moreover, Vibration machine is known as the useful and recommended home exercise equipment.

There are various kinds of machines available in all different price ranges to allow any consumer to purchase the machine at the affordable price. The type of the machine depends upon your requirement. Currently there are many whole body vibration brands available in the market according to the quality. Most of the machines are able to provide the numerous benefits that are described in the recent studies and one of the facts is that the vibration machine gives the same output, 10 minutes on machine show the same effect as 50 minutes of exercise at the gym.

Generally there are two types of body vibration machines available in the market:

Linear type- It is also known as vertical or tri- planar vibration

Oscillating type- It is very much similar to the action of see-saw or teeter-totter

It is a unique machine made to cause muscle contraction and stimulation while standing on a vibration machine platform. [Whole Body Vibration](#) machine works in a very sophisticated way. Its clear from its name, Whole body Vibration machine, the entire body is exposed to vibration where an isolated muscle or muscle group is stimulated by the use of a vibration device. When the machine vibrates it causes muscle fibers to contract as they do during resistance training except at a higher frequency. It's this vibration that is commonly used to build body's strength. Vibration machine functions on the principle of super compensation which adapts the body for heavy loading by activating the bone building cells and therefore increases the energy level of the body. And due to this vibration action mainly in enhancing the bone and muscles, Vibration machine also resists the body against falls and the bone fractures.

Whole body vibration exercise machines can benefit all body types, ages and even physical conditions. It is known that aging occurs when there is a loss of proper oxygenation, nourishment or circulation to any part of the body. Whole body vibration machines improve circulation and oxygen delivery to feet, hands, skin and hair, as well as organs, glands, muscle and bone which improves the body cells ability to eliminate waste to absorb nutrients more efficiently. Thus vibration machine is very advantageous to slow or to repair the aging process.

The benefits, safety and convenient use make whole body vibration machines a useful and effective package to everyone's fitness and wellness plan. Thousands of consumers know that whole body vibration exercise really maintained them to stay as fit as a fiddle.

About the Author

Sanjana Sharma is the author of this article. For more information about whole body vibration machine, vibration platform and whole body vibration, please follow this link [vibration training](#).

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