

Health Benefits

Flexibility

Improved flexibility

Intense circulation and warming of the muscles and tendons will enhance flexibility of the body as well as loosening tension, coagulation and adhesion of body tissues.

Study

Title: The effects of 24 weeks whole body vibration on postural control in the elderly.

Author(s) Verschueren et al., University of Leuven
Journal 2003

Duration 24 weeks, three times weekly

Conducted Power-Plate Classic

Results In the WBV group, the peak-to-peak amplitude of sway in anterior-posterior direction was significantly decreased after a brief abduction of the arms. The same result was measured following a brief anteflexion of the arms, in the peak-to-peak amplitude of sway in medio-lateral direction.



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6a Market Street - Stourbridge - West Midlands - DY8 1AA
www.thefitnessfactory.info