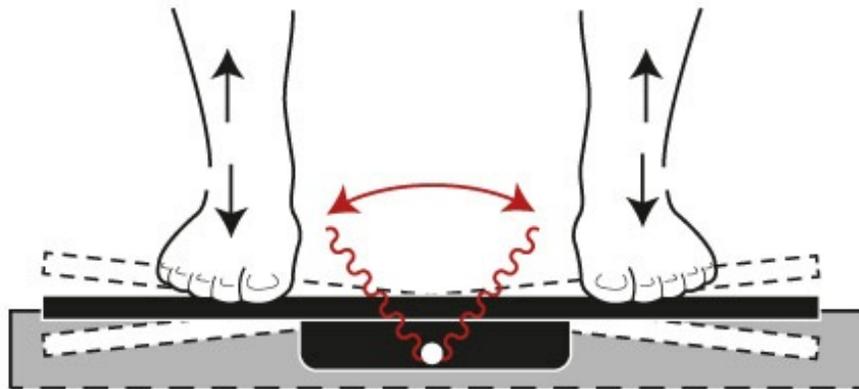


## About WBV

### How can one hour at the gym be compared to 10 minutes on the whole body vibration machine?

Whole Body Vibration has the name for a reason! When your body engages 97% of muscles in the same exercise your results are accelerated. At the gym you spend your time on your different individual muscle groups. It would be incredible to see someone working his or her abs, arms, legs and calf's at the same time at the gym! As wild as that picture is in your head Whole Body Vibration does exactly that and more.



The side-to-side motion from Whole Body Vibration forces your body to regain balance at a very accelerated rate. All your muscles are engaged in this act of rebalancing, therefore, 97% of your muscles are activated during your time doing Whole Body Vibration. Whole Body vibration activates all muscle groups and even produces 30 muscle contractions per second. During this time when your muscles are contracting you are burning fat and building muscle. The ability to change the amplitude and speed of the vibration makes Whole Body Vibration safe for all ages and walks of life.

### Benefits of Whole Body Vibration (WBV)

The Whole Body Vibration benefits are wide spread and it seems to almost be a miracle...well, call it what you want but here are the facts:

- Tones and Strengthens muscles
- Increases bone density
- Increase human growth hormone – HGH keeps you young
- Decreases stress
- Decrease of cellulite (Whole Body Vibration is used before liposuction to break up cellulite)
- Tightens skin
- Lowers blood pressure
- Increases Metabolism
- Increases blood circulation (widens capillaries)

- Increases flexibility
- Increased mobility
- Improves coordination (Golfers best friend)
- Improves balance
- Stimulates lymphatic system (which is involved in removing toxins)
- Relieves joint and back pain

**Besides these benefits, whole body vibration has also been found to help:**

- Prevent and treat osteoporosis and osteoarthritis
- Weight loss
- Recovery from injury and surgery As we age we become less flexible, produce less HGH, loose muscle strength and balance and the list goes on and on!!! Admi Fitness Models can increase these issues that come with age, Admi Fitness Models test our body and help to increase overall health!