

# Whole Body Vibration

## For Weight Loss

### Whole Body Vibration

Accelerate Weight Loss and Cellulite Reduction in 10 Minutes!

What Does Whole Body Vibration Do?

Whole Body Vibration (WBV) offers a low-impacts way to increase strength, flexibility, and rejuvenate your body - in addition to **increasing metabolism**. WBV causes the muscles to experience an involuntary contraction at the same rate that the platform is vibrating. The mechanical stimulus produces a stretch reflex in 100% of your muscles. This means your muscles react to the vibration by contracting and relaxing automatically (like when the doctor hits your knee with a little hammer).



How Did WBV Come About?

WBV training was used in the 1960s by the Russian space program to help cosmonauts recover more quickly from muscle atrophy. Since then, **Olympic athletes** have adapted WBV into their workouts. Trainers and doctors have been using WBV for well over 40 years.

What Makes WBV Unique?

It's a noninvasive workout that you don't have to change into workout clothes for! It's also a multifaceted tool that complements aerobics and strength training. It's simply a great tool for a **healthy lifestyle!**



The Benefits of WBV

- **Accelerated Weight Loss**
- **Reduces Cellulite**
- Reduces Varicose Veins
- Increase Energy
- Improves Muscle Strength
- Enhances Wellness
- Enhances Detoxification
- Improves Circulation
- Improves Relaxation