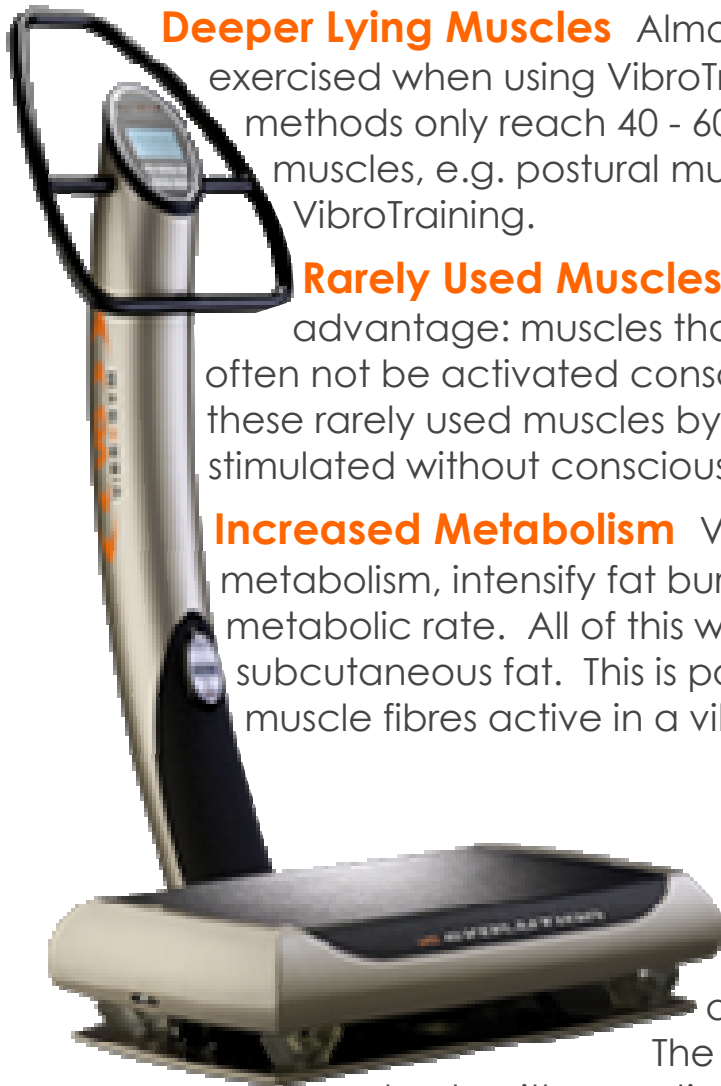


VIBROGYM IS HERE!

Advantages of VibroTraining



Deeper Lying Muscles Almost 100% of the body's muscles are exercised when using VibroTraining. Conventional training methods only reach 40 - 60%. Especially the deeper lying muscles, e.g. postural muscles profit strongly from VibroTraining.

Rarely Used Muscles VibroTraining has another great advantage: muscles that are not used very frequently can often not be activated consciously. VibroTraining reactivates these rarely used muscles by reflex. In this way all muscles are stimulated without conscious control of the muscle contraction.

Increased Metabolism VibroTraining will enhance your metabolism, intensify fat burning and increase your basal metabolic rate. All of this will aid in the reduction of subcutaneous fat. This is possible due to the amount of muscle fibres active in a vibration workout.

Pain Reduction An increase in both circulation and lymphatic activation aids in pain reduction. The increased circulation provides the body with essential nutrients required in the repair process, whilst the lymph system while cleanse and detoxify.

Virtually No Limits Training VibroTraining is one of the safest methods of training for people of any age and any level. The VibroGym has been used with clients from as young as 2 years old, all the way up to clients in their 90's.

Book in for 6/10/12 or 18 30-minute sessions
Ask at reception for member and non-member prices

