

# A REVOLUTION IN HOME EXERCISE

## *The Whole Body Vibration Machine*

*from AestheticMD*

- *Vibrations are generated on a standing platform where your muscles are stimulated at a specific frequency.*
- *Your muscles automatically react to the vibration by contracting in a reflex, stimulating blood circulation.*
- *This improves mobility, flexibility, muscle strength, muscle tone, and range of motion.*



## Benefits from the K-1:

- Achieve better fitness with minimal effort and reduced risk of injury.
- Easiest and most convenient way to get into shape available on the market today.
- Produces the effects of 80 different exercises by minor adjustments in posture and body positioning.
- Improves overall athletic performance.
- Enhances balance and coordination.
- Strengthens and enhances posture.
- Improves circulation and increases blood oxygenation.
- Boosts levels of Testosterone and HGH.
- Decreases level of Cortisol (hormone released when we're under stress).
- Combats osteoporosis.
- Reduces back pain and stiffness.

**A 2007 Sports Illustrated article featured Seattle quarterback Matt Hasselbeck talking about how he's lost 17 pounds using this technology and how it has helped him get fit for the new football season. As he said, "You feel your entire neuromuscular system working. It wakes everything up."**

## Why The Excitement About Whole Body Vibration Exercise?

- The K1 is an easy way for busy people to exercise.
- It's great for weight loss and muscle toning.
- 10 minutes equals about 1 1/2 hours in the gym.
- With the K-1, there is no risk of injury to joints, ligaments or tendons.
- The K-1 is small and reasonably priced; many people are buying them for their homes.

## Origin of the Technology

Whole Body Vibration technology was originally developed in Russia to counteract the lack of gravity in space and improve bone density and muscle integrity for cosmonauts.

After decades of research, this innovative machine has received endorsement by many professional athletes and is ensured to produce effective results for your physical therapy needs.

## How the K-1 Works

The Triangle Oscillation System (T.O.S.) system used by the Nobel K1 generates systematic involuntary muscle contraction with less G force than "piston" systems. This stimulates receptors in the Achilles tendon called golgi bodies that stimulate nerve receptors which track up to the cerebellum (the part of the brain that is responsible for balance).

This pleasant rocking and rolling action causes the brain to tell the muscles of your body to actively contract to maintain its equilibrium, thus creating a therapeutic and muscle toning workout.

## Who is using Whole Body Vibration technology? (Very partial list)

- Boston Red Sox
- Chicago Bulls
- Dallas Mavericks
- Green Bay Packers
- Kansas City Chiefs
- Los Angeles Kings
- Kronos Longevity Institute
- Home Depot Center, Carson, CA
- University of California - Los Angeles
- University of Notre Dame
- University of Southern California
- United States Olympic Training Center

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