

Zest

it's only a swipe away

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Vibro Gym

A guide to getting started

**Culm Valley
Sports Centre**
Tel: 01884 32853



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Fitness at your fingertips
www.middevonleisure.co.uk

How the Vibro Gym works

The Vibro Gym works using whole body vibration. No matter what your physical condition at the right frequency setting the subconscious stretch reflexes will tighten almost all of your muscles at once. That compares to just 45% of muscle fibres used by an average sports person during conventional training. Traditional training requires your body to respond to resistance created by weights. However, with the Vibro Gym your body responds to acceleration, which is a force many times greater than standard training. This force is repeated 30 - 50 times per second and so your body has to adapt even more to overcome this greater load. Therefore, achieving your training targets faster!

The Vibro Gym Registration

An annual Vibro Gym Registration is required to become a user of this equipment. This includes an induction session with a qualified instructor, taking about half an hour, and covers:

- 🍏 introduction
- 🍏 contra-indications
- 🍏 settings
- 🍏 warm up and stretches
- 🍏 the Vibro Gym workout

The instructor will go through a beginners programme to give you an idea of the recommended exercises. There are several programme cards for you to follow and instructors are on hand for advice when you come back to use the equipment on your own.

Costs

Vibrogym Registration: £14.00/ £8.00 level 2/ £5.00 level 3
or free to Lifestyle Plus Zest Members

Vibrogym use: £4.50 / £3.00 level 2/ £2.00 level 3 for 30 mins
or free to lifestyle Plus Zest Members

Please ask about memberships and pricing levels . Level 2 and 3 discounts are subject to a £1.00 surcharge for activities after 5pm.

Vibro Gym Benefits

- 🍏 accelerated weight loss
- 🍏 reduced training time
- 🍏 decreased appearance of cellulite
- 🍏 increase in Serotonin (feel-good hormone)
- 🍏 increase in bone density
- 🍏 reduced effects of stress
- 🍏 stimulation of blood circulation

Contra-Indications Please Note

- 🍏 epilepsy
- 🍏 pacemaker
- 🍏 severe heart disease
- 🍏 vascular disease
- 🍏 medications for blood pressure
- 🍏 thrombotic conditions
- 🍏 spinal or disc problems
- 🍏 knee and hip implants
- 🍏 tumours
- 🍏 recent infections
- 🍏 pregnancy
- 🍏 recently inserted IUD, metal pins
- 🍏 severe migraines

The Maximum weight limit is 120kg, however if you weigh more than this you can still use the Vibro Gym, but only for certain exercises.

If you have any health queries it is recommended that you consult your doctor prior to registering.

There is an emergency cord located in the room for use in emergency. Please lock both doors to ensure that you are not disturbed.

Progression

There are many ways in which the exercises can be progressed. For example decreasing the rest time between exercises, increasing exercise time, performing the exercise dynamically (with movement), increasing the speed or depth of vibration... all these are ways of making the workout more challenging. However, we recommend that you follow a programme and only introduce one progression at a time.

