
Vibration training?

Posted by amateus - 2008/07/13 16:46

I've heard a lot about vibration training lately. I've heard that it's amazing for amplifying the impact of a workout. Anyone has any comments?

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Re:Vibration training?

Posted by glenn - 2008/07/19 08:52

I have never even heard of it. Have any good references to learn more? Please no product sales pages, just some good articles on it.

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Re:Vibration training?

Posted by amateus - 2008/07/20 23:44

well, i've been looking at this <http://www.slimvibes.com/technology1.html> where it describes how vibration training works and also http://www.slimvibes.com/vibration_machine_research.html where there is a bunch of research on it..

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Re:Vibration training?

Posted by Les - 2008/07/21 10:07

What do you know about it
the website look to commercialized.
it looks like it requires a professional/trainer assistance.

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Re:Vibration training?

Posted by amateus - 2008/07/21 22:53

Well, unfortunately that's all i know about it... I was writing here in hope that maybe someone used it and is able to give me some personal experiences...
I mean, from what i can see on the site, especially in the benefits sections, it looks pretty amazing!

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