

Basic Single Movement Oscillating Vibration Machines

What is a Level 1 Whole Body Vibration Machine?

Level 1 machines are the most common type of vibration machine. They are also called oscillating machines because the platform that the user stands on will oscillate similar to a seesaw that you can see in a playground. One side of the platform will move up while the other side moves down. The speed of these types of machines is relatively low compared to triplanar style (level 2) machines and their range of motion (amplitude) is considerably higher than level 2 machines.

Level 1 machines are very good for the purposes of weight loss, improving lymphatic drainage and for balance improvement. Though they will help a little with strength training and bone densification, the low speeds and high range of motion of oscillating machines are not very effective for these types of issues.

Oscillating level 1 machines are used in weight loss centers, lipo laser facilities, fitness centers and in homes for personal use. Key features of most level 1 machines are their ease of use, low noise levels and their gentleness on knee and hip joints. Please note, however, that oscillating machines with very high G Force levels may actually cause severe damage to joints and should not be used by people with weak, damaged or artificial joints.

What is a Level 2 Whole Body Vibration Machine?

This style of vibration machine was the first to be introduced to the scientific and sports community. Often found in commercial sports gyms, this style of vibration therapy utilizes Triplanar vibrations, in which the entire platform moves up and down, side to side and front to back at the same time. The platforms do not tip side to side like oscillating machines do.

These units typically operate at high speeds and have a short range of amplitude. This unique combination of speed and motion is great for improving blood circulation, increasing muscle strength and building bone density, but not very effective when used for weight loss efforts.

Triplanar, level 2 machines are little more expensive than oscillating machines and should be used in the basements or garages of homes as they are a little noisier than oscillating machines.

What is a Level 3 Whole Body Vibration Machine?

These machines are relatively new and are sometimes referred to as dual motion machines, as they are the culmination of oscillating and triplanar motion types. Recently introduced to North

America, this Level 3 class of machine has become very popular since they are like both oscillating and triplanar machines mixed into one body.

These dual machines have 2 separate drive systems, 2 separate motors and users can turn on just the oscillating motion, or the triplanar motion or turn on both at the same time to give the ultimate workout experience of weight loss, toning and strength training at the same time.

In addition to the oscillation motion, level 3 machines add a unique 'spiral rotational' motion which is similar to triplanar machines but create no damaging impact to joints, so are very effective and safe for all types of users.

With their high build quality and more robust dual motor drive systems these level 3 machines are being used in commercial locations such as gyms and medical offices as well as higher end home locations. Still cheaper than buying both an oscillating machine and a triplanar machines these machines are generally more expensive than either single drive style of machine.

Benefits of Whole Body Vibration

Go to any site that's talking about whole body vibration exercise and your going to see all kinds of information and reasons why this form of exercise is so quickly growing in popularity.

You'll also see that chiropractors and natural health care professionals are also seeing the benefits that vibration exercise is bringing to their patients.

Studies done in regard to whole body vibration have shown that exercising on a power plate machine can:

- assist in weight loss

- improve balance

- help you lose weight

- build and tone muscles

- improve blood circulation

- improve bone density

- increase metabolic rate

- improve blood circulation

increase lymphatic drainage

combat osteoporosis

reduce joint and muscle pain

decrease blood pressure

decrease cortisol levels

decrease recovery time after injury or workouts

improve flexibility, balance and co-ordination

These are just some of the benefits being seen with whole body vibration. The more information you read on the subject, the more you will see why this is quickly becoming one of the best forms of exercise available today.