

T-ZONE VT-12

Whole Body Vibrational Exercise Machine

The whole body vibrational (wbv) platform machine is a revolution in exercise. It uses technology the Russians developed for their space program to combat muscle wasting and bone density loss following space flights. It is a powerful whole body vitalizer.

The body is accustomed to a stabilized environment. When encountering a continuously multi-directional vibrating movement, the body responds with a desire to adjust and maintain stability. This desire to stabilize is happening at the cellular, muscular, and neurological levels. The response of the body is to trigger the primal instinctual reflex of cell function at each of these levels. This cellular primal instinctual reflex is responsible for maintaining optimum body functioning.

Fluid and chemical exchange, protein synthesis, hormone production, and cellular respiration all increase as an adaptation to the multi-directional vibrational movement. At the cellular level, the rebuilding process, fluid and chemical exchange, and repair, are stimulated. At the muscular level, basic muscular physiology is stimulated to increase the efficiency of muscular contraction, including muscle fiber ability to control proper cross-bridging and appropriate muscle cell chemical exchange. At the neurological level, the electrical signals from the nerves to the muscular system are being restructured to provide a sharper and clearer signal so that the muscular system functions more effectively.

Other activities that trigger the primal functional instinct would be field work agility training, rugby, and cross country running in rugged, unknown terrain. On the body functioning level, it is the same primal functional instinct similar to what ancient hunters might have experienced when they went on a wild tiger hunt. In other words, the whole body vibration machine training offers the cellular, muscular, and neurological physiological benefits of extreme physical conditions without the risk of injury (or of being eaten)!

The T-ZONE VT-12 offers the most potential benefit due to its unique vibrational movement. While most vibrational exercisers use an up and down piston-type movement, the VT-12 utilizes a gentle oscillational movement in two directions: side to side, and up and down. It is this multi-rotational, continuously variable, oscillating movement that stimulates the physiological primal reflex and provides the most benefit from vibrational platform exercise, while simultaneously lessening any joint impact.

Ten minutes a day, or 5 minutes twice a day, is all that is required to provide enormous potential health benefits. (Note: It is advised that you consult your physician before embarking on this or any physical training program.) Athletes can use the T-ZONE VT-12 to increase strength, agility, and flexibility. Seniors with low mobility can use it to gradually build stamina. Vibrational platform exercise has been shown to be helpful with

increasing bone density and potentially lessening the effects of osteoporosis. Even busy executives and moms can usually find 10 minutes in their schedules for something that could exponentially boost productivity - and all with only barely breaking a sweat. It is by far the best investment anyone could make.

About the Author:

Sunny Wang, BA, MATT, RTSM is trained in kinesiology and is an Intuitive Kinesiology Specialist. Sunny has studied fitness training since 1988. She started advanced biomechanics training in 1996 and has several certifications, including RTSM (Resistance Training Specialist Master) and MATT (Muscle Activation Techniques Therapist). Sunny is also an experienced intuitive and energy healer. Sunny combines her knowledge of fitness and biomechanics with her ability to read the energy body. To read more about the T-Zone VT-12, see http://guardiantrader.com/Whole_Body_Vibration.html.