

Whole Body Vibration Exercise Machine

The K-1 Platinum from AestheticMD

Whole Body Vibration and the K1 demonstrates a new revolution in rehabilitation and physical therapy by mechanically stimulating your muscles at a specific frequency. The vibrations are generated on a standing platform that are transferred to the user's body. The muscles automatically react to the vibration by contracting in a reflex. This contraction stimulates blood circulation and stretches both tendons and ligaments.

Origin of the Technology

The development of vibration training came from a desire to improve bone density and muscle integrity in cosmonauts. The technology was originally developed to counteract the lack of gravity in space by the Soviet Union. 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.



There are two types of technology available: The difference is substantial between the “piston” vibration equipment and the Triangle Oscillation System (T.O.S.). Our physicians have found that while the T.O.S. technology used in Whole Body Vibration (WBV) has surprising and astonishing results for health, exercise and body toning, there are questions raised about the advisability of using equipment based on “piston” style technology. Vibration and “G” force may have an undesirable a long term impact. Anyone who has used a jack hammer, truck or other device with the “up and down” piston movement and vibration knows the problems that can develop from backs (truck drivers and others) and various physical areas (known to cause carpal tunnel).

The Triangle Oscillation System (T.O.S.) vibrates at the correct megahertz(s) from a medical and body toning standpoint, using a lift mechanism along with vibration. The T.O.S. system used by the Nobel K1 generates systematic involuntary muscle contraction with less G force than the “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.

Important Recent History About T.O.S.

We have tested and tried most of the equipment available. Some of the cheaper equipment seems to only vibrate up to the knees (using a piston vibration) and would not be recommended medically or even from a body strengthening standpoint. One is has such a poor motor that it does nothing. While expensive, some of the popular machines are not recommended for the reasons cited above and use the piston style technology.

With the K1, we have had many patients report no more back problems after years of medical and chiropractic treatments (all have reported strengthening and toning). There is a where a paraplegic patient talks about the strengthening of his upper torso. Fitness buffs have claimed that the K1 has toned their body better than they have ever been able to achieve at the Health Clubs.

Visit: <http://www.k1wholebodyvibrationmachine.com>

Why The Excitement About Whole Body Vibration Exercise?

The K1 is an easy way for busy people to exercise and it's great for weight loss and muscle toning.

10 minutes equals about 1 1/2 hours in the gym, with NO risk of injury to joints, ligaments or tendons.

A recent 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."*

Many professional sports teams use them, as do health professionals and this particular unit is so small and reasonably priced that many people are buying them for their homes.

A Wide Variety of Applications:

- **Increases muscle strength, flexibility, and range of motion**
- Enhances balance and coordination
- Strengthens and enhances posture
- **Improves circulation** and increases blood oxygenation
- Boosts levels of Testosterone and natural HGH
- **Decreases level of Cortisol** (hormone released when we're under stress)
- Improves muscle strength and tone, enhancing athletic performance
- **Increases bone strength and density**
- Improves mobility and flexibility. Builds muscle strength.
- **Combats osteoporosis**
- **Reduces back pain and stiffness**
- Produces the effects of 80 different exercises by minor adjustments in posture and body positioning.
- Can be used in many different rehabilitative capacities
- **Work out all the important muscle groups of the body**
- You can stand, sit, lie, or position a part of the body upon the platform to achieve a different effect

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
- Miami Dolphins
- New York Giants
- New York Mets
- Kronos Longevity Institute
- Home Depot Center, Carson, CA
- University of California - Los Angeles
- University of North Carolina
- University of Notre Dame
- University of Oklahoma
- University of Southern California
- United States Golf Association
- United States Olympic Training Center