

## ---Body Action---

### **Power Plate**

A Complete Body Workout  
in only **10** minutes

The Body Action platform vibrates around a horizontal rotation axis. Exercise is usually performed with both legs, the feet positioned equal distances on either side of the axis. This results in extensor and flexor contractions alternating continuously in the left and right legs.

There is no direct vertical acceleration to the body's centre of gravity which reduces passive forces to the joints, but elicits stretch reflexes to stabilize the body posture. As the muscles are stimulated via a Stretch Reflex, 100% of the muscle fibres are stimulated compared to an active contraction where not every muscle fibre is used.

Due to the advanced design of the Body Action platform, stress is minimised on the musculature as well as on the respiratory and cardiovascular systems.

### **SESSION PRICES**

Single Session        £4.00

Course of 6 Sessions   £20.00

**UNLIMITED  
SESSIONS  
1 MONTH  
£20.00**

### **Opening Times**

Monday 10am to 4pm  
Tuesday & Thursday 10am to 8pm  
Wednesday 1pm to 8pm  
Friday 10am to 5.30pm  
Saturday 9.30am to 1pm  
Sunday 10am to 11am



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Workout  
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Vibration training on the Body Action is a non-strenuous, low impact method of exercise that takes only 10 minutes, yet achieves greater results than conventional training without the effort.

Vibration training is the perfect tool for people who want more from their workouts - from the professional athlete to those with physical limitations.



Body Action workouts offer the following benefits in a **10 minute workout** without placing high loads on the tendons and joints:

- ⇒ **Improved Body Shape**
- ⇒ **Increased muscle strength**
- ⇒ **Fat reduction**
- ⇒ **Improved flexibility**
- ⇒ **Reduced appearance of cellulite**
- ⇒ **Increased range of motion**
- ⇒ **Increased toxin removal**
- ⇒ **Increased bone density**
- ⇒ **Reduced lower back pain**
- ⇒ **Enhanced pain reduction**
- ⇒ **Improved explosive power**

Whole-body vibration exercise is a relatively new concept to most people in the UK, despite many thousands of units being sold in the United States. Whole Body Vibration Therapy was developed by the Russian scientist Nazarov and used by Russian Olympic trainers looking to maintain a competitive edge during the 1970s when the Russians were dominating Olympic play.

Success with athletes led to research by the Russian space program, yielding compelling data supporting the technology's ability to combat the degenerative effects of zero-gravity conditions on muscle and bone tissue. NASA was that impressed with the results they too now actively research the potential that Whole Body Vibration Exercise has to offer.

The vibration principle has recently been rediscovered in Western Europe and it's potential has caused huge interest from many of the leading physiologists in the world. Much research has recently been done to try to understand why Whole-Body Vibration Exercise is so effective, yet there are still many questions that remain unanswered.

What is clear however is that everybody that participates in Whole-Body Vibration Exercise benefits in some way. The Body Action system has convincingly shown a sustained benefit in muscle performance and bone strength in normal healthy individuals, those with mobility issues and has proven to be of great value to athletes.

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