VibePlate is the foremost leader in innovation, development, and use of whole body vibration products.

A major part of the process and success of the VibePlate products is due to implementing the correct and natural form of whole body vibration.

To see all VibePlate products, please visit www.vibeplate.com.

To order, please contact 866.858.9481 or visit www.vibeplate.com
Whole Body Vibration (WBV) exercise using the VibePlate can help even frailer senior citizens improve their range of motion, muscle strength and coordination. In fact, VibePlate’s Whole Body Vibration exercise machine is great for seniors who have trouble performing aerobic exercises due to age-related conditions.

VibePlate Makes Exercising Easy. There is an easy answer to exercising your entire body. The answer is vibration exercise with VibePlate. You can activate nearly all of your muscles at once by simply doing nothing. Whole Body Vibration exercises nearly your entire body by just sitting, standing or doing exercises on the VibePlate. This allows you to activate as many muscles as you can in a short amount of time.

- reduces strain on tendons
- promotes joint mobility
- increases bone density
- strengthens bone tissue
- lymph drainage
- increases range of motion
- flexibility
- fat reduction
- toning up
- muscle strength
- increases balance, stability & mobility
- energizes
- pain & soreness reduction
- decreases wheezing and sinus issues

increased circulation
advances muscle response
powers faster healing
massage and relaxation