

Whole Body Vibration Training



Whole Body Vibration Training

Are you ready to say goodbye to months or years of chronic discomfort or nagging injuries? We are the only clinic in the F/M area with Whole Body Vibration Therapy and people are loving it. WBV training programs are available to help you tone muscles, lose weight or to improve strength training as you increase your stability, balance and endurance. Whole Body Vibration Training is also able to help you relax overactive muscles, improve circulation and decrease muscular adhesions which are present with so many common conditions. This includes neck and shoulder pain along with lower back, hip, knee and ankle problems. Finally, it is great for rehabilitation of injuries or fitness training. Find out how to work more muscle groups during a 10 minute session than you will with 60 minutes of a traditional workout. If you don't believe it...take the challenge today!