Vibro Pilates - Combining Pilates and the Vibrational Training Method

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When Joseph Pilates, the physical culturist expounded the Pilates training methodology in his book 1945 book â€œReturn to Life Through Contrologyâ€•, little did he realize the impact that he would create among fitness conscious people. Today, there are countless Pilatesâ€™ teachers and trainers who have added their own dimension to this form. One of these dimensions is Vibro Pilates- a method that combines Vibrational training and the Pilates training method.

To the uninitiated, vibrational training involves the use of equipment with a vibrating platform. When you stand on the vibrating platform, energy is transmitted to the entire system thereby forcing the muscle to contract and relax for several times every few seconds.

The Vibro Pilates technique combines both vibration and Pilates to achieve muscle facilitation to about 98 per cent. This is in contrast to the 40-60 percent of muscle facilitation that is caused by the traditional Pilates training method.

This program is conducted through the vibration equipment that is kept at 30Hz low aptitude. Every exercise in the technique is conducted for not more than 30 seconds. While the entire body can be exercised, the head and the heart never come in direct contact with the vibration platform. This is because the average weight of the head is about 8-15 pounds and it can get very stressful for the neck to support this weight for a long time.

Although there are many guidebooks on the training method, it is best to choose to learn this technique through a certified Vibro Pilates trainer. It is important to ensure that each and every movement should be controlled and this isnâ€™t always possible, especially if you are doing it on the vibration platform. But a trainer can help you with this and guide you so as to keep you from harmâ€™s reach.

Through this technique almost all the exercises suggested by Joseph Pilates, including hundreds, single leg stretch, double leg stretch, corkscrew etc. can be done. The vibrational training method or Whole Body Vibration (WBV) stimulates the central nervous system and also reduces cortisol levels in the body. When combined with Pilates, WBV enhances muscle strength and flexibility.

As the physical training industry becomes more and more competitive, club owners and physical trainers are increasing realizing the importance of using new technologies and techniques to attract membership. The Vibro Pilates training method offers a wonderful opportunity to such trainers and club owners.

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a Pilates (aka a Vibro Pilates) is the name who writes this article for people as a free, informative and helpful publication.

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