

Vibrapower Disc (100 GBP)



Location

Yorkshire and the Humber, South Yorkshire

<https://www.freeadsz.co.uk/x-272182-z>


Vibration Exercise machines have become so popular in that they give you a fun new way to work out in the comfort of your own home! Exercising on the Vibrapower-Disc may provide added benefits to your normal routine. It helps to you to exercise in a different way, just stand on the oscillating plate and continue with your basic exercises like squats, press ups etc.... and feel the difference. How Does It Work? The Vibrapower-Disc platform produces an oscillating motion rather than a solely vertical one. The key difference between oscillation vibration and piston vibration is that with piston vibration, both legs are simultaneously moving upwards or downwards, but with oscillation vibration, one leg is moving up while the other is moving downwards and can be compared to the action of a see-saw. The platform tilts from side to side over a central fulcrum, lifting one side of your body while at the same time dropping (displacing) the other side. This pattern is switched to and fro at a frequency set on the control panel. Excellent condition except One chip on paint as shown in pictures. Contents: 1 x Vibro-Disc machine 2 x Resistance bands 1 X

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