

Published based on [How To Become Stronger, Faster And Leaner With The Noblerex K1 Platinum](#)

# **How To Become Stronger, Faster And Leaner With The Noblerex K1 Platinum**

Whole body vibration training using the Noblerex K1 Platinum is a pain-free, efficient, highly effective, and safe solution for those looking to build strength, muscle tone, and speed. This is a type of exercise machine based on US and Russian space training programs for astronauts and it's absolutely revolutionizing the way people are exercising. The machine has a platform with a strong motor built into it. It oscillates while you stand on it - similar to a teeter-totter movement, causing your muscles to contract 7-28 times per second. The increased gravitational resistance trains your muscles to produce greater strength, thus increasing your lean muscle mass. Vibration research studies have shown muscle strength to increase by 50% in just 3 weeks! What's more, vibration exercise has been shown to be 10 times more effective than rotational exercise.

Vibration exercise can be an excellent addition or even alternative to typical weight training exercises because of the increased efficiency as well as the decreased risk of injury involved. Typical exercise and resistance training can take a lot of time, energy, and dedication. Also, there's always some concern when it comes to lifting heavy weights on the joints, ligaments, and tendons of the body, especially if one has suffered past injuries in that area or is injury prone. Vibration exercise with a quality oscillating machine is an effective and proven way to increase strength, muscle and speed without these worries.

The Noblerex K1 is so effective because:

- 1) The vibrating platform causes muscles to contract and release approximately 7-28 times per second by natural stretch reflex. Typically when we are lifting weights, we are contracting and releasing our muscles only 1-2 times per second.
- 2) Typical rotational exercise engages about 45% of muscle fibers whereas whole body vibration engages about 97% of muscle fibers. This is because involuntary muscles all over the body are also stimulated.
- 3) Vibration training stimulates our fast twitch muscle fibers, which are responsible for our speed. Again, these are usually very difficult to workout and to fatigue with weights because most exercises focus on major muscle groups such as the biceps, triceps, quads, and hamstrings. These are mostly slow twitch muscle fibers. It's extremely difficult to purposely workout fast twitch muscles.

There are a host of other health benefits that accompany whole body vibration - not just increased strength and speed. Using the machine for 10 minutes a day, 5 times a week can help you lose weight, increase bone density, increase blood circulation, improve flexibility and balance, increase Human Growth Hormone and Serotonin production, decrease cortisol (the belly-fat hormone), improve lymphatic detoxification, and improve skin appearance. Testosterone has also been shown to increase by up to 7% and this would benefit those looking to get stronger because it plays a role in muscle recovery. It also aids in increased energy, increased production of red blood cells, and an enhanced libido.

As you can guess, this new exercise method of creating strength, speed, and tone has captured the attention of leading fitness and performance trainers around the world. Many gyms and personal trainers, including Olympic and celebrity trainers, are now using vibration training machines to help their clients and teams get results fast. In Hollywood, vibration machines had played a huge role in the feminine shapes of Jessica Alba, Natalie Imbruglia, Madonna, and Claudia Schiffer.

Raise your strength and fitness to the next level in weeks, not months. If you're involved in athletics such as martial arts, track, swimming, gymnastics, football and even golf, you'll soon experience the wonderful speed, flexibility, and enhanced muscle control vibration training gives you. This is your new secret weapon and can give you the leading edge in virtually any sport or competition.

The effects of over 80 different conventional exercises can be created on the Noblerex K1 Platinum by making small adjustments in body positioning. And if you are already in good shape, you can take your workout to the next level by increasing your time on the machine to 20-30 minutes a day, making sure you give your muscles a 24-48 hour break after the more intense workouts. This might be one of the easiest and most convenient ways to improve your body shape, strength, and overall health.

Lenette Nakauchi is an expert in vibration exercise and technology utilizing the Noblerex K1 Platinum machine. The [Noblerex K1 Platinum](#) is perfect for people of all ages and fitness levels and especially for those who don't have time to exercise or have a disability. To learn more, please visit the [Noblerex K1 Platinum](#) site or call for a free consultation at (800) 518-4272.

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