

Download Vibration Plate Exercise Manual

Make sure this fits by entering your model number. Premium Quality: Featuring a time-tested motor and sturdy steel construction to support up to 265 pounds, this commercial-grade, professional quality vibration plate delivers 500 watts of power for effective, low-impact training for all fitness levels. Amazon.com : NexHT Fitness Vibration Platform Whole Body Shape Exercise Machine(89006A), Vibration Plate, Fit Massage Workout Trainer with Two Resistance Bands & Remote Controller, Max User Weight 330lbs. Black : Sports & Outdoors Vibration exercise is done on a piece of equipment that vibrates your whole body from your feet up. There is more than one brand on the market, but they all have similar designs. Vibration machine and vibration plate reviews including features, benefits and rankings of popular brands of whole body vibration training platforms.