

THE CHRONICLE OF VIBRATION MACHINES

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**Discover the Truths About
Whole Body Vibration
Machines**

That You Were Never Told Before

And

**Know the Critical Anatomy
That Characterize the Machines**

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Attention Before You Start Reading The Rest Of The Report !!

Vibration machines are meant to produce vibration on your whole body in a controllable manner. These are plate based machines. Hence, they are also called vibration plate machines. As the vibration plates are powered electrically, these are also called power plate machines.

So in this report, the words *vibration machine*, *whole body vibration machine*, *vibration plate machine*, *power plate machine* and *vibrating machine* are used interchangeably. Request you to understand that I mean the same object no matter which of these terminologies I use in any context within this report.

Please note that I (and my team) usually have ***huge discount coupons***, often worth multiple hundred dollars, for practically every brand of vibration machines. So no matter which brand you choose, I suggest you to call my team (1-888-228-4387) before you buy. I guarantee the lowest prices in the market. If you find any machine advertised elsewhere at a lower price within 60 days after you buy from me (any brand that you buy), I shall gladly refund you the difference.

Please remember to save this report on your device (desktop computer, tablet, laptop, Mac, PC, whatever you use) so that you can access this easily whenever you need it. Misplacing is easy!

This report is available on CWGLive.com, VibrationMachine.reviews, KnockYourLife.com, KnockYourHealth.com, and other CWGLive group websites, and CWGLive-originated emails.

I host a quiz that will help identify the vibration technology most suitable for you, with respect to your health conditions and exercise requirements: <http://www.vibrationmachine.reviews/touchpoint/quiz.php>. I suggest taking the time to fill out the quiz. It asks a lot of key questions to help identify which machine will work best for you.

How does a whole body vibration machine work?

Vibration machines are designed to provide your body with vibration for improving your health. “Health improvement” is too broad a phrase and can be interpreted in multiple ways. And indeed, there are different kinds of machines with fundamentally different vibration plates. We shall go into the driving technology shortly in the next section of this report.

One of the biggest reasons that people opt for whole body vibration machine is the ease of taking exercises it leads to.

Even those who cannot move their bodies too much will be able to exercise without making practically any physical effort. This workout is extremely effective. My business partner’s dad – around 75 years of age now and not exactly in a great state of health – takes it at times (uses one of the machine brands that I recommend), loves it and is significantly helped by it in keeping his health intact. He attributes a lot of his energy regain to consistent vibration exercises that he had taken for a few weeks initially, and it has become a habit for him nowadays.

And those who are capable of making physical efforts can take active exercises while taking passive exercise on a vibration machine, making the effectiveness of the workout even more improved.

The underlying reason that these machines impact the human body remains the same irrespective of the actual technology implementing it – the vibration.

The vibration plates provide sharp accelerations to the human body by making it vibrate. While the actual vibration rate can be set with any reasonable vibration machine, you would want to keep this higher than the body’s normal vibration frequency (18 Hz).

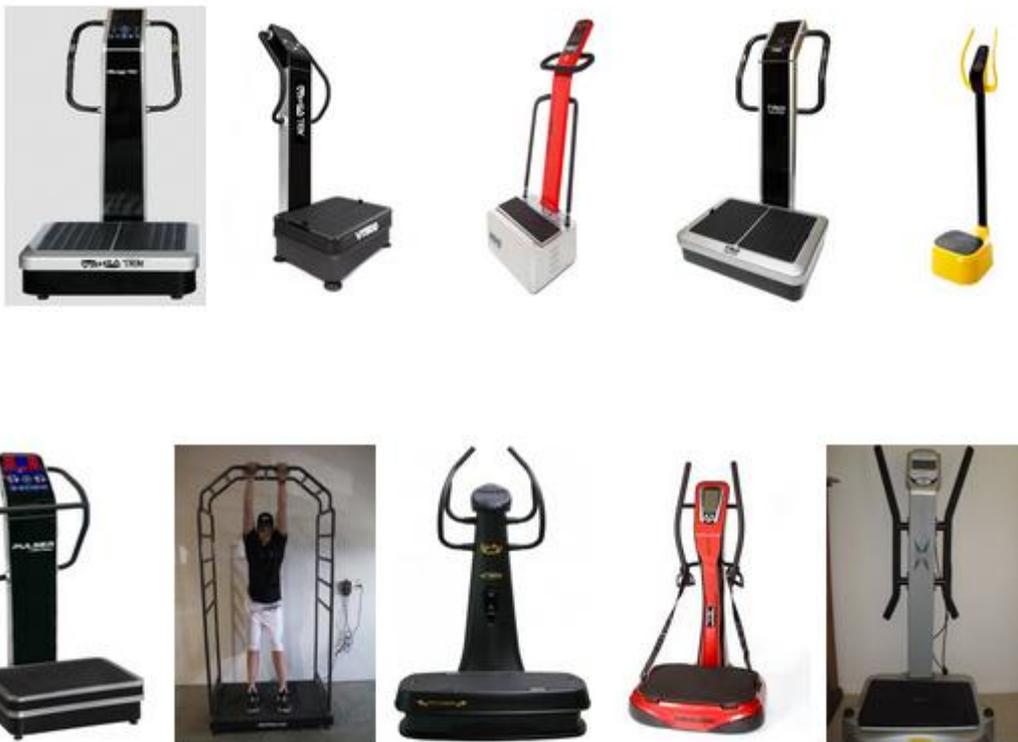
The very best machines will let you select right from very low frequencies (5-10 Hz) up till as high as 50-60 Hz. With a sonic machine, you can come as low as 3 Hz! The frequency you would select will depend upon the intensity of exercise you want to take.

Once the human body experiences the vibration, it tries to react to minimize the impacts and hence contracts the muscles. Thus the whole body vibration effectively provides exercises to the body muscles.

The other point to note here is the impact of frequency. The higher the frequency happens to be, the more the body muscles will try to react so that the impacts are minimized. As a result, the more becomes the effectiveness of the exercise.

At the same time, the higher frequencies lead to higher stress effects. One will have to find the optimum frequency for his/her body by using the machines and finding out through their bodily feelings.

The vibration and the associated acceleration of the body is what eventually leads to all the tangible benefits such as significant weight loss with lot lesser exercises, sweating and improved physical fitness.



What are the core vibration technologies?

As you would have understood by now, the underlying technology of vibration plate machines is exactly what the name implies – the machines provide plates that will vibrate your body when you stand on the machine and switch it on.

Interestingly, there are a few different fundamental kinds of vibrations technologies, each kind of vibration technology having its own class of benefits and serving its own set of requirements. Let us now understand these vibration types.

Oscillating vibrations

This technology is the first of all vibration machines. If you have ever read about the beginning of vibration machines and heard about it being used in space by the astronauts for exercise: this is what they used.

In general, when you see this motion, the platform is moving in a teeter totter see saw motion. One side up one side down back and forth. This is a great way to simulate the body moving in a walking or even running motion without actually doing it. This can be a great way to simulate both of these exercises. Most of the inexpensive machines use this motion and on the cheaper usually this is good for general lymphatic drainage and blood flow. If these are your only concerns you may be able to go buy one of these.

But again not all oscillating machines are the same. Different aspects that go into the machine are: motor size and types (such as, AC versus DC motors), size of the platform in ratio to motor size. You need to consider all of these factors.

Pivotal vibrations

Pivotal motion alone is mostly going to be great for massage and circulation. This is usually put in on a machine as an add-on with the oscillation. When these two are used together in combination, it causes the newest technology of these machines: called the spiral vibration.

One great machine that gives you pivotal vibration alone is called a CHI machine. They sell anywhere from 100.00 to 300.00 and can be found on various sites.

Great for circulation. But again, the real magic and effectiveness of the pivotal motion comes when combined with a second motor to create a spiral motion.

Spiral vibrations

Spiral motion is the newest and for a lot of reasons one of the best motions available. It combines the popular motion of oscillation which is a teeter totter motion, along with the pivotal (side-by-side) motion. If you were to see one of these working it would just seem like the platform were vibrating. But if you slowed it down and witnessed it you would see the platform actually moving in a figure at motion. This is unique and amazing for the body for many reasons.

First, it is one of the most natural motions you could apply to the body with maximum benefits and little impact or jarring on the body and joints. This means you can work out longer and take in the benefits with less recovery time. Second, most oscillating machines give you Hz range of 5 to 14. Sometimes if the motor is strong enough, the Hz range can go from 5 to 30. In contrast, on the linear machines, the motion generally goes from 20 to 40 and sometimes 20 to 60 Hz.

The higher Hz range works best on building muscle and core strength, while the lower Hz range is best for lymphatic drainage and detox in the body. Well, here's the great part of the spiral. Now you can get both benefits in one machine, as it contains both the higher and lower frequency ranges. This type of a machine will give you Hz range of 5 to 50 Hz!!

This is why the spiral vibration machines are great for the whole family. Also, it is a wonderful vibration type to use in an office for different patients, as you get lymphatic drainage as well as the benefits of muscle building bone density and overall blood circulation.

Sonic vibration

All Hail The King of All Vibration Machines!

This is, in my opinion, The Best of all motions and currently the best machine made. Ok so here's the bad part. They are also the most expensive machines you can find. The top of the line machine sells for about \$15,000. Way out of most people's price range.

But let's get into the technology of how these machines work. Unlike all other machines available today which work by pushing you up and down with a motorized arm attached to the platform, the sonic technology uses bass speaker technology to have you body go up and down with sound vibrations. Imagine getting a 5 to 40 Hz range with the smooth motion of sound. Trust me, it's incredible.

My friend had one of these machines at his house for 3 weeks while I stayed with him. And, every night we went out, when I would come home I would make a beeline for the machine. I was... addicted !!! It was amazing and felt great.

Most of these machines will also come with some type of sound software that you can hook up to the platform to make machine even more effective, and allow you to dial in what you want to work on (for example: circulation, healing, relaxation, muscle building etc.). Dial and stand on the machine, and take all the guess work out of the ride!

Some of the less expensive but still effective machines currently go down in price to around \$6,000 and recently a version has become available for around \$3995.00, but you must be 250 lbs or less to use this one.

Now if you can't afford the Sonic experience, all is not lost. They are the best is true, but how much better than the rest?

In my opinion, these machines are about 15% to 20% better than the motorized ones. So you can still get a great machine around \$2,000 and still get great benefits, by choosing some other technology over sonic.

Linear vibration

Linear vibration is still a term used and some machines are still true Linear machines. These have been surpassed by a new genre of machines known as the Tri-planar. The original machine known for this is Power Plate. This unit started as a linear motion and upgraded their design later on to tri-planar.

So what's the difference? Linear is strictly up and down. Though this has great benefits for the body it can be a little hard on the body as you are going straight up and down.

On the lower setting there will be no problems at all. But as you increase the intensity level depending on the amplitude (level or degree in which the machine goes up and down usually ranging from 2 all the way up to 14mm), this can be quite hard on the body.

Great for the young athlete that wants to make large gains in short periods of times. But again, depending of different variables, the machines can be a little harsh. It's like doing one amazing thing for the body and 3 things bad. It can be counterproductive not always but sometimes yes.

So with that being said enter the next generation of the machines, the Tri Planar.

Tri-planar vibration

Here is the next generation of the linear machine which allows you to get the benefits of the linear machine without having to worry about if the amplitude is too high too low, or if the speed is too much, or is it too much like a jack hammer on my body. Basically what they did was still have the platform go up and down but they added the feature of the platform being able to pivot forward and backwards which makes it a more a lot easier on the body.

This is a great improvement on the old motion and allows you to workout longer with less negative impact on the body. Because Tri Planer starts at

20 Hz you will still get good lymphatic vibration from one of these units. But if lymphatic vibration is your main goal you may want to look at oscillation or ideally spiral. If your main goal is weight loss, HGH release in the body, bone density etc., then this may be a better choice.

Both types of machines will generally give you all the benefits, but depending on needs some will do certain things faster than others. Also you need to consider who is using the machine (young athlete or older person, or maybe someone with arthritis or fibromyalgia). These are also things very important when deciding on motion of the machine and amplitude.



Characterizing vibration

Vibration is the driving technology behind a whole body vibration machine. In this section, we shall try to characterize vibration. We will also highlight how the real life vibration machines behave in different situations. This is important for you.

Amplitude and frequency of vibration

A high range of vibration frequency is great, but having good vibration amplitude along with that is also important. In many cases, this factor is not specified by the manufacturers. You would want to get a machine with good vibration amplitude as that will significantly improve the exercise quality.

Random vibration versus healthy vibration

It is of utmost significance that the directions of the vibration are well-controlled. The vertical motion (up-and-down) is important because that will remove the toxins from your body. This needs to be a pure vertical motion. Otherwise, it may not be great for the body. It will also help in releasing lymph.

Machine friction wastage and absorbed power/vibration

Most of the vibration machines today develop frictional wastage of vibration over time. The friction is wasted, and the remaining portion of the power translates into actual vibration which is absorbed and used by the body. Some machines are infamous for generating notoriously high frictions over their lifetime.

In addition, inappropriate generation of friction can also lead to vibration of the floor rather than helping your body absorb the benefits. Vibrating the floor may not be a great option – get a good-quality sound-absorbing carpet/mat if you are going for a machine known for causing relatively higher friction. Else, it may bother your neighbors and people living in the same apartment (or floors below yours).

Decaying machine efficiency

As time moves forward and machines develop friction, the power usage to produce similar vibration effect goes up. The same machine that used 10 amps in its early lifecycle will use 12-14 amps around 5-7 years downstream to produce similar frequencies. So it is important for you to start with whole body vibration machines with track record of producing lower friction.

Real vibration frequency

The rating given to a machine is specified by the frequency range under no weight and after having warmed up the machine. This is specified by the manufacturers.

It is important to understand that this number can be starkly misleading. The real vibration frequency of a machine is what it produced with full load, and after running for a bit of time (some machines get hot earlier than others, and then start losing the frequencies).

I mean, you could carry a dumb bell, jump around *etc.* and the machine still needs to vibrate at the specified frequency, as long as you are within their specified load limits. This doesn't happen with most of the machines out there.

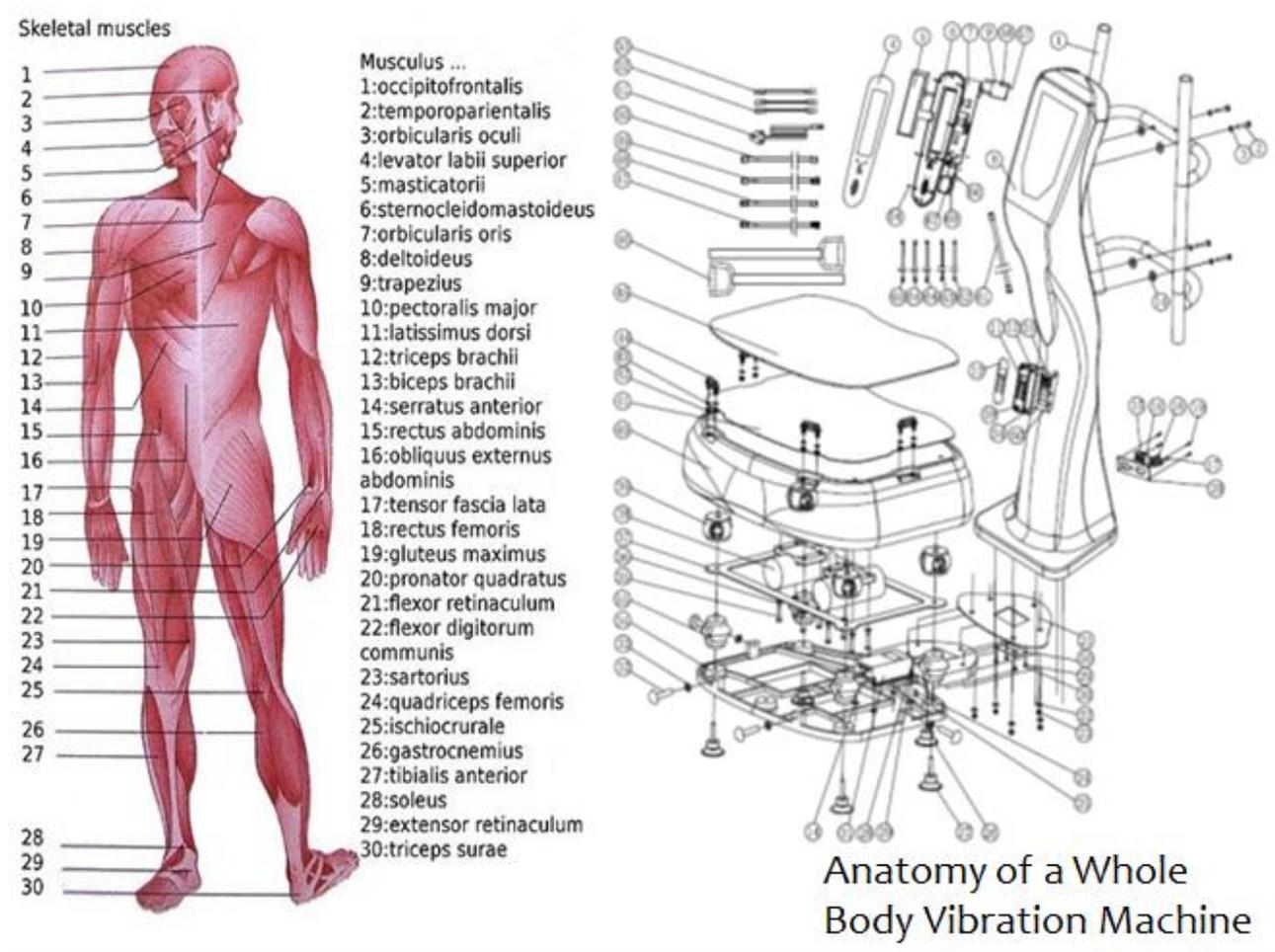
Your usage type

Are you going to take exercises (and hence, move around) while you are on the machine? If you are going to take exercises, jump up and down *etc.* while the machine is running then go for a powerful machine with a strong motor. If not, then opt for a machine with lesser power.

No matter which brand you opt for, the lower-end machines of the brand will usually be for the ones who do not plan to jump around or take exercises involving body movement. If you are taking medium exercises (jump around somewhat) while you are on the machine then take the second or third model down from the top. If you intend to take heavy exercises then opt for the highest or at least the second-highest model, regardless of the brand you choose.

Characterizing the vibration-producing motor

The heart of a whole body vibration machine is its motor that produces the vibration. This is probably the single-most important factor you would want to look into, in order to be able to use a great-quality vibration machine in the longer term. Like the muscles are the core building blocks of your body anatomy, the motor is the core building block for a vibration machine.



Electricity

There are two kinds of machines around in terms of power – AC motor powered machines and DC motor powered machines. For those who are unaware, DC stands for **D**irect **C**urrent, in which the current remains constant because of a constant voltage (as per the line voltage

specifications). On the other hand, AC stands for **A**lternating **C**urrent, in which the RMS (“root-mean-square”) is measured to be the line voltage. In AC, the current goes up and down, so there is a question of alternating electrical field.

The altering line voltage may lead to something called Electro-Magnetic Force (EMF). More on EMF and its potential impact a little latter in this section – plus, there’s a myth surrounding AC vibration machines versus DC vibration machines that needs clarification for those who are confused by the myth.

Number of motors

Another important factor is the number of motors present in the machine. There are two major types – 1-motor machines and 2-motor machines. Prefer going for a 1-motor machine if you can. One heavy motor is more expensive to make compared to two smaller motors. Plus, if one of the two small motors fail you would still not use your machine – so the chances of failing is twice with a two-motor machine. In fact, one-motor machines are usually more robust compared to two-motor machines. Of course, if a has two motors out of which one is the usual vibration-making motor and the other one is meant to prevent friction then you could also go for it.

By the way, if you are heavy – maybe around 100 KGs (around 220 LBs) then choose two-motors as the per-motor strain will be lesser – a one-motor machine bearing the entire strain may start showing signs of wear-and-tear if you are heavy. In this case, prefer going for a 2-motor vibration machine.

Remember, a motor will eventually break down. The real question is about managing the strain the best, and thereby minimizing the friction. Friction burns out the motors the fastest. The above rules of thumb will help you achieve just that.

Power

The whole body vibration machines are calibrated by their power. Normally, a 2 horsepower (HP) machine is good enough for most cases.

Note that 2 HP = 1491.4 watts – which is practically 1.5 KW. At a line voltage of 110V, this will translate to around a little less than 14 amperes (amp) of current.

Some machines can better leverage the “gear ratio” factor to produce 2 HP at the output with lesser power consumed at the input. A better engineering design will obtain a better ratio and will result in a significant electricity saving. In fact, a good gear ratio can cut down the power consumption to almost half of what would be required otherwise.

One more aspect is to look out for a peak-2HP versus constant-2HP motor. Choose a constant-2HP motor – a peak-2HP motor does not mean much and hence they are cheap ones. Don't fall for this advertising gimmick and end up hurting your health (it makes a serious difference).

Motor Size

A motor size is quoted in terms of power (Horsepower or Watt) combined with the electric current (Ampere) consumption. Any one in absence of the other is an incomplete specification. The more powerful the motor the more reliable and capable is your vibration plate machine.

Amplitude

The quality of vibration is closely related to the amplitude produced. Get a machine that can produce high vibration amplitude values if required. This will let you exercise at a wider range of amplitude, which will help you. It is easy to set the amplitude of the vibration by simply stopping the vibration, setting it to the desired value and then restarting the machine. It is important that the higher amplitudes be attained, as that will really vibrate the body “deep inside” (think of vibration penetrating deep inside your body) and provide the exercise to your body that you would dearly want to have.

EMF

EMF is a spot of bother for many. It mostly produced because of rapid changes in electrical fields and a myth is that it is found only on AC machines. Some believe that's why one should choose DC machines. But

that's nothing more than a myth. There are DC machines high on EMF, and there are AC machines with extremely low EMF. High-quality engineering design can take care of most of the EMF extremely well. At the same time, many of the DC motors at high frequency vibration cannot stay fully protected from creating some vibration.

Peak versus Constant

This is probably the single-most important factor in qualifying vibration machines. When they say peak, they mean the best case performance. When they say constant, they mean the performance that you'll always get.

Always look for the constant performance levels. It does not matter whether the machine can give some world-beating performance under some unusual constraint (which is how "peak" is normally measured) – you are probably not going to meet that unusual corner-case constraint in your workout sessions. So you would not care.

For example, would you care for a peak frequency rating if it can only be met if the machine has a load of less than 40 lbs? Of course you wouldn't.

That's why you would care for a rating made for a constant situation. This is true for all of amplitude, power, frequency and amperage of your whole body vibration machine.



What are the benefits of using these machines?

A good-quality vibration machine has a significant number of benefits. Providing an exhaustive list to that is impossible. Here are a set of indicative primary benefits – there will be a lot of other tiny benefits besides these that will also add up to enhance your quality of life.

Weight loss: This is one of the biggest benefits of using WBV machines. Losing weight is easy with these machines. If you simply stand still on your machine, that by itself will lead to significant weight loss and should be great for most people. If you want to be more active, you could take exercises while vibrating on the machine – for example, you could jump around or you could sit-up. The additional activity will help you lose weight even faster.

Muscle strength, flexibility and tone: The frequency based vibration, along with the rapid direction change, will help you improve your muscle strength. It will keep the muscles flexible, and retain the muscle tone for a long term. The process of vibration will eliminate lactic acid and any toxin from the muscles and that will keep the muscles fresh and active for a long time. It will help your overall health condition.

Blood circulation enhancement: Blood circulation improves with regular use of vibration machines because of the detoxification caused by vibration and the better functioning of the body because of the inherent cleansing. The kidneys function better. The liver thereby gets lesser work to do (red blood corpuscles are created and destroyed in the liver). Your heart will also find it easier (but check with your doctor if you have a known heart issue beforehand).

Bone mineral density improvement: Since the blood reaches out properly to all the body corners, the improved muscle conditions help the blood flow better and the toxins are removed leaving back the health-friendly elements in the body in larger quantities, one remarkable improvement that takes place is the improvement of mineral density of the bone. Bone mineral density improvement proves to be great for people

who live long – especially women, who tend to suffer significant calcium loss in the bone leading to significantly deteriorated bone conditions with “holes” in the bone (osteoporosis).

Injury recovery: If you are injured, taking appropriate vibration exercise on a vibrating machine will help you recover from the injury – particularly older ones.

Joint pain reduction: A number of people use these machines for joint pain reduction. Regular exercise can help significantly.

Decrease of cellulite: Cellulite elimination is a great benefit that exercising on regular vibration machine can bring about. The fat deposits are controlled and eliminated because of the cellulite elimination. Eliminating cellulite will induce a wonderful long-term health condition in your life.

As you clearly see, taking whole body vibration exercises on a regular basis has a significant set of benefits. In most cases, opting for a good machine will lead to a massive improvement in quality of life and also potentially save you many dollars in form medical expenses in the longer run.

There are a few situations where you would not want to use the vibration machines though, and we talk about those in the next section.



When to avoid the machines (contraindications)?

There are a few situations when using a whole body vibration machine may not be a great idea unless your doctor asks you to. This section of the report gives you a heads-up on when not to use the machines.

- **Pregnancy:** Pregnant women should not use vibration machines. It may lead to premature delivery or injuring the unborn baby.
- **History of spinal injury/slipped disk:** If you have had a history of spinal injury and/or slipped disks then don't go for the linear plate configuration. Talk to your doctor and figure whether the pivotal vibration plates are safe for you.
- **History of detachment of retina (eye):** If you have a history of retina (eye) detachment then you almost certainly should not use the whole body vibration machines. You may consider going for a pivotal exercise machine and not worry about linear vibration machines if your doctor gives you a go-ahead in spite of such history.
- **History of brain injury:** If you have a history of brain injury in past, then make sure that you consult your doctor before you choose to opt for going on these machines.
- **Knee or cartilage issues:** If you have a known knee or cartilage prior injury or damage then the exercise may aggravate the issue in certain cases. Again, your doctor is the best judge under such circumstances.

The above covers some of the usual situations when you would not want to use these machines. If you have any other conditions that may affect, then you would want to talk to your doctor before you choose to go for a body vibration exercise machine.

CWGLive-recommended vibration machine brands

There are a number of whole body vibration machine brands in the market today. Not all are good, but some of them are really good ones. That's expected – the top of the line machines would be competitive for sure.

Let's put it this way – in our review, CWGLive found many whole body vibration machine brands to be good. There are around 12 brands that we like, among the tens of brands and models that we reviewed and hundreds that exist. My team has looked at many more brands, and this is a shortlist of the ones that we like the most. There are some other brands that we feel are ok – do get in touch with me or my team (preferably over phone), in case you are thinking of a brand not listed here – we shall share our opinion about that brand with you (and while it is likely that we would have tested the brand, there is definitely a chance that we may not have, and might end up reviewing the brand for you).

At the same time, I would also want to mention that not all brands are suitable for every person. Whether a make and model suits you will depend upon various factors – so I strongly recommend you thoroughly understand the choice you are making – else it could actually mean trouble for your health in the long run. Choosing is normally easy though as long as you understand the basics.

If in any doubt, just write back or give a ring (1-888-228-4387) and I shall be delighted to help. In fact, I would go a step further and suggest that you call up, so that I and my team can help you choose from the top-12 brands by going through your physical conditions, objectives and requirements to the detail required (and to the detail that you are comfortable to let know). Before you call, you may want to fill in our quiz, which will make the identification process a lot easier. I have listed some of the questions from our quiz in the next page, and a live link to the latest version of the quiz (thoroughly refined based upon a lot of user experience coming from our readers) is given on the last page of this report.

There are the multiple vibration technologies, such as the oscillation,

linear, pivotal, spiral, sonic and tri-planar technologies. Your physical condition may suit one core technology better than the other. Then, there are the motor noise and load handling issues (your weight plus whether you want to exercise on the machine, for example jump around or lift dumb bells, while the vibration is on), machine plate size issues (your feet size), your back and bone conditions, your lymph conditions, and many other factors to consider. That's why choosing the machines is difficult.

The top 12 brands that I recommend (in no particular order) are: VMax Fitness, VibaCore, Vibra Trim, DKN Pro, FBE Wellness (Vivo Vibe), Hyper Vibe, Vibe Plate, Power Vibe, Forever Fit, Turbo Sonic, Euro Body Shaper and Hyper Gravity. However, given the wide variety of health conditions of people, and the availability of so many makes and models, which machine will help you the best in your given condition often gets confusing. So call me, and let me/my team understand your condition and help you identify what works the best for you.

Have an estimated budget of around \$800-\$6,000 depending upon your requirements. While all the lower-end (under \$800) machines seemed to be horrible when we tried those, some others which are great are overpriced – at times horribly so. In most cases, you will be ok with \$2,000-\$4,000 machines, unless you have a lot of passion (backed up by ample money) and don't want to settle for anything below a Turbo Sonic Professional!



What is the “right technology” for YOU ? A quick quiz

There are a number of aspects that you would want to look at while choosing your vibration machine technology. Here are a few examples of questions that you would want to answer before you buy a whole body vibration machine. This is not the full quiz (the full quiz has 20+ questions of similar nature), it is just indicative of what to expect.

1. Are your knees weak?
 - a. Yes, very weak
 - b. Yes, somewhat weak
 - c. No, not really
2. Are your joints, bones and muscles sensitive to impact created by vertical movements?
 - a. Yes, a lot
 - b. Somewhat but not much
 - c. Not at all
3. Do you weight more than what you should?
 - a. Yes, significantly overweight
 - b. Somewhat overweight
 - c. Just the right weight
 - d. Underweight
4. Do you suffer from back pains?
 - a. Yes, often enough
 - b. Yes, at times
 - c. Yes, but rarely
 - d. Practically never
5. Do you exercise often?
 - a. Yes, 5-7 days a week
 - b. Yes, 2-4 days a week
 - c. No, 1 or less per week
6. Will it help you to get a vibration machine that helps you build bone density?
 - a. Yes, greatly so
 - b. Yes, somewhat so
 - c. No, my bone density is fine and I don't need to build on it

7. Does EMF or Radio Frequencies (such as cell phones) trouble you?
 - a. Yes, very much so – cannot bear cellphones
 - b. Somewhat, not much
 - c. No, not at all, so I don't care for machines with EMF shield
 - d. No idea
8. Why are you looking for vibration machines?
 - a. Easy exercise for the whole body
 - b. Fitness improvement
 - c. Pain relief
 - d. Detoxification
 - e. Health
 - f. Commercial reasons

There are a lot more questions that you would want to answer. Our full quiz page has a lot more questions that you should know the answers to, before you pin down the make/model. Your choice of machine ought to depend upon the answers of all these questions, if you want a machine that is really suitable for you in the long term. It makes sense – you would not want to buy a machine for so much money and not use it!

I have refined the quiz at least 20 times by now over the past few years, based upon the kind of questions my team gets from potential users, as well as the reviews that we do with existing users of machines. The current version, which is a stable and much-refined one, has been helpful to a huge number of users and buyers of vibration machines.

I suggest taking the time to fill out the latest version of our quiz. It asks a lot of key questions to help identify which machine will work best for you. <http://www.vibrationmachine.reviews/touchpoint/quiz.php>

Take it – it will make a huge and positive difference.

The Next Step – Now What?

You have now read the report. I sincerely hope reading this report has helped you better understand facts about vibration machines. If you are a potential user of a whole body vibration machine, I sincerely hope this report will help you make a better choice.

To find which vibration is specifically suitable for you, just give me and my team a ring – a friendly chat, focusing towards your conditions (such as bones, joints, lymph, spine, body-building versus health maintenance requirements *etc.*), is likely to make a major difference in your perception to which machine you require.

True to the CWGLive spirit, the best person to criticize this report if YOU, and doing that will help us improve the report and thereby help other potential future users of the machine a lot also. Hence, please do feel welcome to send feedback.

Finally, for potential buyers, before you buy your machine, no matter which make and model you choose, I usually have large discount coupons [over and beyond factory prices](#) on all brands. I guarantee to find the lowest prices for you in the market. If you find a lower price within 60 days of your purchase from me, I shall gladly refund you the difference, for any brand that you buy. So call me before you buy – it will probably save you a lot of money. Don't hesitate – I and my team get 8-10 calls every day on an average, and often many more!

Thanks and all the best from me and CWGLive.

Sincerely,

Sue (admin@cwglive.com, info@vibrationmachine.reviews)

Quiz: <http://www.vibrationmachine.reviews/touchpoint/quiz.php>

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