THE NEW “EVOLUTION” IN VIBRATION TRAINING
About us

Founder of modern vibration training worldwide
In 1999, the Dutch Olympic trainer Guus van der Meer commenced an initiative to develop a training device based on Whole Body Vibration (WBV) technology, in cooperation with a group of specialists.

Significant training results in a short time
In WBV technology, vibrations generated by the machine cause stretch reflexes in tensed muscles. By performing a series of easy exercises you can achieve extreme training results in a very short time.

VibroGym continues development, production and sales
When Power Plate moved production to China, the original Dutch manufacturer continued to develop, produce and sell the initial design under the product name VibroGym®. VibroGym is clearly distinguished by superior performance and technical excellence.

Top executive Guus and his right hand man Jelte return to their roots
Once Power Plate was sold to an American venture capitalist in 2006, Guus remained involved with the company for several years. He then decided to go back to where he felt he belonged, together with his business partner Jelte Tempelaars and several old friends. Supported by the Nederlandse Participatie Groep (NPG), VibroGym was given the opportunity to put its product line on the map and once again become the market leader in the relatively young Whole Body Vibration industry.

Strong drive, years of expertise and continuous innovation
A passion for the product, years of experience and a depth of knowledge are incorporated in product development and education & training. These are the pillars for VibroGym’s exceptional position in relation to other participants on the market. VibroGym will astonish and surprise everyone with major innovations based on comprehensive knowledge of the production process, European electronics and a passionate global network.

VibroGym stands for quality and service
Ultimately, we all want a perfectly functioning product with the best price to quality ratio. VibroGym uses only top quality materials in a very meticulous production process. The proven durability of the VG products ensures that all experts and perfectionists will always choose VibroGym. In the unlikely event that there are problems they will be taken very seriously and resolved efficiently.
How does it work?

Vibration training, also known as acceleration training, is a relatively underused method of physical training that has been surprising the world for over the past ten years.

The high speed up and down movements of the platform you exercise on causes stretch reflexes, which in turn cause a tremendous amount of muscle activity. This applies only to muscles that are pre-tensed even if all you do is assume an active position. In static exercises all of the muscles involved are working at their optimum level.

Positive training results quickly and easily

All of the effects of strength and fitness training can also be achieved using vibration training – but in a much shorter time and with a lot less exertion than when using traditional training methods. This is mainly due to the intensity of the stretch reflexes the muscles go through, and the way the body reacts to this.

Scientifically proven advantages

The effects of vibration training have been scientifically proven: increased muscle strength, improved stamina, enhanced coordination, superior equilibrium, enhanced flexibility, increased blood flow, improved bone density, increased explosive power, pain reduction, positive effect on cellulite and more efficient burning of damaging abdominal fat than in traditional fitness.

Everyone can be healthy with only two to three short sessions per week

Almost all of the studies were based on two to three training sessions for 20 minutes on average, with increasing intensity. All of VibroGym’s training schedules are based on the protocols used in these studies. The main advantage of vibration training is that practically anyone can perform the exercises, even when there are serious impediments that make traditional training difficult or even impossible. That is why this training method is used in many rehab programmes.

Top athletes use vibration training as well

The fact that many of the best athletes in the world use vibration training as an important part of their training proves the potential of this training method and validates it, just as the scientific research does. More importantly, hundreds of thousands of VibroGym users experience its positive influence on their health and wellbeing every day.

Artificial gravity

Gravity on earth is 1 G. We use our muscles to move our bodies against that force continually. If you want to increase your strength, and your fitness, you will have to increase the influence of gravity, forcing the body to adapt to the enhanced circumstances. This is what we call training and training results. When examining Newton’s Second Law of Motion, it states that \( F = M \cdot A \) – force is mass times acceleration. In training, we mainly increase the mass factor by using weights. Walking, running or cycling faster, jumping farther and higher are all examples of increasing speed – this boosts acceleration.

Depending on its settings, the VibroGym generates between 1.5 and 7.6 G as a result of the substantial acceleration of the platform. The amplitude of only 2mm ensures that the body does not experience any negative consequences, despite the acceleration. This makes it possible to increase the influence of gravity without having to move heavy loads or moving very fast or explosively. In other words, vibration training offers a host of major advantages, for the young and the old, for beginners and professional athletes.

Whole Body Vibration is a highly valuable and efficient form of exercise, leading to excellent results in only a fraction of the time required by most conventional training methods.
VG Evolution

Cutting edge European manufactured premium vibration device built from precision cast aluminium with smart application and state of the art electronics

Radical new design and major innovations combined with the latest scientific insights create enhanced performance

Integrated training software, sophisticated and user friendly touch screen display

Highly intuitive and easy to use menu to access hundreds of video's and countless home choices for all fitness levels

VG® Vibration Grips to provide upper body training using German high end electrical vibration hand-grips

Cardio Colour Control software to monitor training intensity through Heart Rate Variability

Vibration Grips

The newly developed VG® Evolution comes equipped with VG® Vibration Grips. These beautifully designed electrical vibrating handles are connected to the device through XL-astic® bands, making it possible to perfectly train the upper body and adding a wealth of complex exercises to the existing repertoire. The resistance, combined with vibration, provides a training stimulus which will lead to quick, complete results in even less time than traditional training methods. Vibration will also activate the fast, white muscle fibres which in turn activate the Metabolic Switch, just as in the popular but often dreaded High Intensity Interval Training. In other words, using the Evolution, it is much easier to achieve the same results as with traditional training methods, but with more enjoyment and less risk of injury.
Integrated training software

In addition, the new VG® Evolution has been fitted with a sophisticated and user-friendly application, making training on a VG Evolution not just more efficient and safe, but above all a lot more fun. There are dozens of programmes to choose from, with hundreds of exercises presented in ‘pre choreographed video’s’ for women and men. The user interface was developed by a prominent graphic designer from London in collaboration with the stylish Dutch company Indicia, specialising in application communications. The menu is highly intuitive, making it accessible and immediately usable even without a manual. The programme offers a wide array of choices to improve performance, enhance your appearance or increase your entire sense of wellbeing, or in other words, your ‘wellness’.

Cardio Colour Control

A unique training support system is the Cardio Colour Control®, integrated in the software. While wearing a Blue Tooth heart belt, this software will monitor the training intensity live and show it on the display in colour. Most important is not Heart Frequency, rather, Heart Rate Variability - the difference in time between the peaks in the ECG of consecutive heart beats. Combining HF and HRV accurately displays training intensity for every individual at any particular time. Using just Heart Frequency not only lacks precision but is also strongly influenced by factors such as stress, latent infections, sleeping patterns, recovery rates and simple issues such as coffee consumption. Using Cardio Colour Control, you will always train intensely enough to achieve results, but never again too fervently.

Cardio Colour Control integrated in VG Evolution Training application

- World’s first
- Accurate live monitoring of training intensity
- Always train in the right zone
- Based on Heart Rate Variability
- No performance testing necessary
- Cardio Colour Control integrated in VG Products
- Team System for up to 30 people
VG Professional

Material & Design
The VG® Professional is made of casted aluminium. The comfortable yet robust platform is cast in one piece and can support a maximum load of 140 kg.

Main Display
The console can be separated for transport and on top of it is the LCD display with easy-to-use soft-touch keys. This simple and intuitive operation easily guides the user through the training programmes. In addition to the “Quick Start” menu, there is a “Free Training” menu, where time and frequency can be adjusted in phases of 1 Hz.

Handlebar
The handle with a high-quality elastomeric coating has been developed based on years of practical experience. Everyone will find the right grip for the right position.

Second Control Switch
Start-Stop-Repeat feature during exercise sessions thanks to a control switch located on the lower half of the console.

Vibration Platform
The solid and well-engineered construction can take a load of up to 140 kg. Thanks to its unique rectangular shape designed by VibroGym®, vibrations run evenly, harmonious and 100% vertically across the entire platform.

Motor and Absorber System
2 extremely quiet-running motors and a complex control technology create a precise 30/35/40/50 Hertz vibration. A sturdy and durable absorber technology guarantees vibration-free surroundings. In addition, its low energy consumption and automatic switch-off function make this machine cost-efficient.

VG Retro

Material & Design
Based on Dutch cutting-edge technology and stainless steel, VG® Retro’s are manufactured in the Netherlands. Their solid and well-engineered construction can take a load of up to 140 kg. Its classically elegant design is timeless and optimally adapted for each of its purposes. It is known for its high performance, reliability and user-friendliness. All in all, its space-saving construction turns it into the smallest gym in the world!

Main Display
The solid, display with soft-touch buttons that are easy to operate turns the controlling of comprehensive exercise programmes into a user-friendly and intuitive experience.

Handlebar
The ergonomically designed handlebar is made of stainless steel, with a high-quality elastomeric cover, which was specifically developed by means of a special anthropometric procedure to perfectly fit the vibration platform.

Second Control Switch
Start-Stop-Repeat feature during exercise sessions thanks to a control switch located on the lower half of the console.

Vibration Platform
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