Vibration Exercise Machines Compete with Harley Motorcyles at the 77th Sturgis Rally

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?Vibrate Fitness? returns to the Headquarters Building on Main Street for the 77th Sturgis Rally in South Dakota, August 3-14th. This is the fourth time their booth with whole body vibration platforms will greet the estimated half million visitors.

These riders are sorely familiar with vibration. After all, it?s a sign of being a ?real biker? to ride across the continent to the event. There?s a big map on the wall where bikers put a pin to mark their origination point of their trip to Sturgis: Honolulu, Copenhagen, Portland, Miami, everywhere. They hobble into the Headquarters Building with cramped shoulders, arms, sciatica, and backaches from holding a fixed position while riding for hours, bouncing on rough roads.

?Hey, look I can move my back again,? said Gary Robertson from Louisville, Kentucky. ?I was so stiff from riding, this feels good now. I?ll be back tomorrow after Mt. Rushmore.?

He just got introduced to exercise technology that originated with the astronauts nearly forty years ago. The space men needed to build muscle mass and bone density to counteract zero gravity. The modern vibrating

plate increases circulation and moves lymphatic fluid too. Tight muscles release, skeletal alignment falls into place after standing on the plate for a 10-minute session. To read about the history, go here: www.vibratefitness.com/scientific-origins-of-whole-body-vibration.

This machine is disguised as an exercise machine that strengthens the heart muscle, shakes off triple chins and fat derrieres. However, the real point of exercise is to give longer healthier lives and then enjoy free time more.

Dr. Oz featured vibration machines on his show and like the Mayo Clinic cautions ?to check with your doctor first.? A chiropractor in Tucson, Dr. Joe Utash, has four machines that he uses with his patients before and after treatments. The Dallas Cowboys, Arizona Cardinals, Dolphins and Red Sox teams are using the plates to cross-train, loosen-up tight muscles and recover from injury.

The Sturgis motorcyclists are jumping on a smart trend too. Besides, the vibration feels familiar: ?it shakes just like my ?67 Harley Shovelhead on a washboard road,? said one user.

About Vibrate Fitness: Nils Vidstrand travels to expos around the western states with the mission to bring vibration machines to folks, the way Johnny Appleseed improved lives wherever he went. To contact him and to read more about the 77th Sturgis Motorcycle Rally, visit: www.vibratefitness.com.
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Vibrate Fitness

VibrateFitness offers one of the most efficient forms of exercise today: whole body vibration machines for the home and office.

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