Vibration Platform Machines Demonstrate Easy Exercise at SABHA Expo

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Vibrate Fitness, based in South Pasadena, California, has announced that they will be attending the SAHBA Spring Home & Patio Show in Tucson, Arizona. The event takes place from April 6th through April 8th, 2018, and you can visit booth 1105 on the main floor for a demonstration of vibration plate machines. Full details are available at https://www.vibratefitness.com/sahba-spring-2018/.

Nils Vidstrand from Vibrate Fitness says: "Vibrate Fitness is introducing cutting-edge exercise technology to advance health and save time in our busy modern lives. We can use a vibration platform for 10 minutes to strengthen the body. It doesn't get any easier or more efficient than this and besides, it feels fantastic. Come visit us at the show to see what this is all about."

Vibrate Fitness is a returning favorite to the SAHBA show. While the technology continues to be entirely novel in the United States, it is quickly gaining in popularity. An increasingly large percentage of the customer database is made up of domestic users who want to have vibration platforms at home. The standard excuse for not going to the gym is lack of time, and now folks can easily integrate daily workout sessions whenever they want. Nils Vidstrand continues: "Having a vibration plate in your home is the most efficient way to build

strength, improve cardio health and cross train for your active life. So don't forget to stop by our booth at the show."

People are also encouraged to visit the website at https://www.vibratefitness.com/ to take a look at the four machines they have available. Furthermore, a showcase video gathered from Vibrate Fitness' attendance at different shows, features people discussing how much they benefited from a quick session on the machine. Also, vibration plate owners highlight long-term use and tangible results. The website details the four key vibration platforms, which will also be available for viewing and experiencing at the upcoming show.

The Platinum Dual Motor Fitness Platform is rapidly becoming the most popular machine. Nils Vidstrand explains: "It features two motors which run simultaneously, individually and in variable speeds in the three preset aerobic programs. One motor moves in a see-saw action, while the other moves in a spiral vibration. There is an enhancement of the overall results while using the Dual Motor as compared to the other machines." However, he is quick to point out that each machine has appeal and suits different tastes and requirements. It is important to try them out and see if it feels like a right fit.

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For more information about Vibrate Fitness, contact the company here:Vibrate FitnessNils Vidstrand323-222-1787info@vibratefitness.com1107 Fair Oaks Avenue #324South Pasadena, CA 91030

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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