



## THE CONVERT: MICHELLE BULEY

Michelle Buley has worked in nearly every area of fitness you can imagine. She's managed fitness centres, taken aerobics classes and been a personal trainer, but it's her recent foray into the world of vibration training that has got her really fired up.

Vibration training requires a machine called a 'Power Plate'. To use it, you stand on the Power Plate in a series of poses, holding each for about a minute. As you hold each pose, the plate vibrates underneath you, causing your muscle fibres to contract and relax at high speed.

"There are just so many benefits to using Power Plates," Michelle says. "I've come from a conventional training background and my body has literally worn out from exercising. Vibration training has given me an alternative way to exercise, so I can still work out without hurting my body. And as well as fitness benefits, it also has general wellbeing benefits."

The idea is that because you train at a high intensity (vibration training recruits 95 to 97 per cent of your muscle fibres, compared to 40 per cent during conventional exercise) and get results in a shorter space of time. Instead of training for an hour, a Power Plate workout takes only 15 minutes.

"That's a huge attraction in our time-poor world," says Michelle. "But if you want to work out for longer, you can use Power Plate as just one part of your overall exercise program."

The impressive list of ways Power Plates claim to be able to improve fitness includes increased muscle strength, improved flexibility and co-ordination, and increased circulation and oxygenation of blood. Then there's the list of general wellbeing benefits. "It can help with osteoporosis, pain dampening and rehabilitation after injury," Michelle explains.

"It's not going to replace other forms of exercise, but it's a great tool to supplement your fitness regimen. Do it two to three times a week and you'll really notice the difference."

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