

# The Science behind The World's Most Advanced Vibrating Fitness Roller.



## The Vyper

The VYPER, delivers three speeds of vibration powered by a rechargeable lithium-ion battery. The VYPER features a German engineered roller and premium motor to deliver high frequency vibration into the body. This results in a significant increase in the body's range of motion, which can positively effect movement and performance.



## Vyper Vibration Study

### Background

The purpose of this study was to identify the combined effects of foam rolling and vibration therapy on dorsiflexion range of motion and pain. Spearheaded by Dr. Darren Padua, Director of Sports Medicine Research Laboratory at UNC- Chapel Hill and Dr. Michael Clark, Founder of Fusionetics and NASM. The experimental testing was conducted at The University of Chapel Hill of North Carolina Chapel Hill for their research in movement science. 20 physically active adults were randomly selected, who all noted having at least one myofascial trigger point issue prior to this study. The goal of this study was to evaluate the differences between the VYPER (high intensity vibration roller) vs a standard foam roller without vibration.

### The Test

To achieve an "active" sample set, each participant performed weight-bearing lunges and other similar movement patterns over the course of two weeks. Over this period, the study tested participants' range in motion pre and post exercise. Of the 20 participants, 10 participants used a regular non-vibrating foam roller and 10 used the VYPER, the world's first high-intensity vibrating fitness roller.

**An embedded vibrating motor facilitates local muscle vibration. The vibration feature was turned onto VYPER setting 2 (60 HZ) selected for its tolerability, intensity, force and amplitude.**

*NOTE: To achieve amplitude the VYPER uses a heavy weight that is driven by a patent pending transmission, which amplifies the vibration.*

Through the implementation of the VYPER protocol, which combines myofascial release and vibration therapy with intense amplitude the participants who used VYPER experienced a significantly greater increase in range in motion then those participants who used a regular non-vibrating roller- In fact, the participants who used VYPER demonstrated up to a 40% increase range of motion when compared to the participants who use regular foam rollers.

Additionally, the participants who used the VYPER reported a significant decrease in the pain associated with myofascial release on trigger points. This reduction of pain led to a greater range in motion and a more positive rolling experience overall. Through this scientific study, the VYPER was proven to provide significant benefits as it relates to increased range of motion, flexibility, and the reduction of pain.