

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



The Vyper

The Vyper is a high-intensity vibrating fitness roller offering three levels of vibration. Constructed of a German-engineered roller and premium vibrating core, the Vyper transfers optimal levels of high intensity vibration into the body. This results in a significant increase in the body's range of motion (up to 40%), 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. The experimental testing was conducted at The University of Chapel Hill of North Carolina Chapel Hill and was spearheaded by Dr. Darren Padua, Director of Sports Medicine and Dr. Michael Clark, Founder of Fusionetics and NASM. During this study, 20 physically active adults were randomly selected, all of which noted having at least one myofascial trigger point issue prior to this study. The objective was to evaluate the differences between the Vyper (high-intensity vibrating roller) versus 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 most powerful high-intensity vibrating fitness roller.

An embedded vibrating motor facilitates local muscle vibration. The vibration was turned onto Vyper setting 2 (60 HZ) selected for its frequency 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 pressure and vibration therapy, the participants who used the Vyper experienced a significantly greater increase in range of motion than those participants who used a regular non-vibrating roller. In fact, the participants who used the Vyper demonstrated an increase in range of motion by up to 40% when compared to the participants who used a 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 of motion and a more positive rolling experience overall. Through this scientific study, the Vyper was proven to provide significant benefits as it relates to the reduction of pain, flexibility, and increased range of motion.