

WINNING VIBRATIONS IN FORMULA 1

Fernando Alonso, twice World Champion, uses the vibrations Physio Plate by Globus to win.

Initially used by astronauts, vibration training has become a fundamental and revolutionary training method used in Formula 1 as well as other high-level sports. Fernando Alonso, twice Formula 1 world champion, understands the fundamental importance that vibration training brings to improving his performance in competitions. Globus Physio Plate is actually the only instrument for sport training that generates accelerations similar to those experienced by a Formula 1 racing driver during a Grand Prix race, producing a training that is specific to the stress of a race.

Globus spoke to Fernando Alonso and his personal physiotherapist, Fabrizio Borra about their use of vibration training...

Globus asked Fernando: "You surprise us one more time! Why did you choose the vibration method of training and the Globus Physio Plate in particular?"

Fernando: "To be a winner at the highest level, you must look after the smallest details and choose the winning solutions without compromise. Fabrizio Borra, my personal physiotherapist, convinced me about the worth to prepare myself with the Vibration training method, and we chose the Globus Physio Plate because I always want the best."

Fabrizio Borra has been a therapist for more than 20 years and is involved in sport rehabilitation, both with patients and in the research field, and cooperates with several high level athletes.

Globus asked Fabrizio: "Why is the use of Vibration training in F1 so important?"

Fabrizio: "I started to use vibration training a few years ago in rehabilitation and in athletic preparation with the help of trainers, with excellent results. I then thought to use the vibration method of training also in F1 with Physio Plate, because it is the only instrument able to reproduce the gravitational acceleration found at 350km/h during a race. The results obtained are of incontrovertible evidences."

Globus: "Fabrizio, practically, which work-out programs do you do with the Physio Plate?"

Fabrizio: "With Fernando we tailored various programs to develop muscle strength, relaxation programs, denervating and stretching programs and applied them to the various muscular groups involved in training and during the race. There are then some secrets that I cannot reveal!"

Globus: "Let's go back to Fernando, How do you feel with this new training method?"

Fernando: "Fantastic.... I wanted a Globus Physio Plate also at home, in my personal fitness room, to train also when I am far from the racing round, following tailored programs that Fabrizio prepared for me and uploaded in the Physio Key, a personalized electronic key. It is a system so efficient and simple that part of my family is now using it, obviously with different objectives."

