



Welcome to Vibrahealth Body Vibration training

### Health, Well Being & Weight Loss

Your health is your most important asset. To stay healthy we must have a good diet but also include physical activity. But due to our busy lifestyle & family / social commitments, we lack time for physical activity.

The Vibrahealth gives you a better workout in less time and, very importantly, with less effort. The Vibrahealth is ideal for maintaining and/or improving your general health. This is why the Vibrahealth is also used by top athletes. Vic recommends the Vibrahealth. Great benefits like increased strength and recovery capacity certainly contribute to success.

The Vibrahealth is the solution for people who have little free time but want to have a fit, healthy, slim or lean body.

### Sports & Rehabilitation

The Vibrahealth works according to the super-compression method-movement, rest and repetition. This results in improved performance. The vibrations transferred by the Vibrahealth to the body, with a frequency between 30 and 45 vibrations per second, are converted into energy. The stretch reflex responses make the muscles work hard.

Due to its lower impact workout and shorter training time, the joints, ligaments and tendons are put under less pressure. Research has shown that tendons, fascia and connective tissue are manipulated by intermittent stretching. In rehabilitation situations, the Vibrahealth can be used very early on due to its low impact training. The benefits and results also have a preventive action regarding the functioning of the whole healing system. Furthermore, training on the Vibrahealth during rehabilitation can be maintained for longer as it takes less time and requires less effort.

### Anti Aging

Vibrahealth is an effective and efficient method of training to keep the aging process at bay for as long as possible. Your flexibility increases and the resulting production of collagen improves your appearance. Using the Vibrahealth you can do all the floor exercises you used to do. However, you can now enhance your workout externally without having to lift weights.



## Benefits

- Faster muscle recovery
- Reduces training time
- Improve training
- Training with less effort
- Attacks cellulite
- Increased muscle strength
- Improved circulation
- Fewer Varicose veins
- Improved co-ordination
- Improve suppleness of muscles
- Improve general health
- Less pressure on joints
- Increased testosterone
- Improved balance
- Improves skin quality
- Higher pain threshold/Pain relief
- Increased bone density
- Reducing body fat levels
- Lowering of the stress hormone cortisol
- Increases hormone serotonin
- Increased collagen
- Improvement of basic metabolism
- Improved flexibility

*The best value Vibration  
Training Plate on the Market today!*

## Research

*Oregon State University Article - Bone Regeneration with Vibration Fitness*  
<http://oregonstate.edu/dept/ncs/newsarch/2006/Feb06/hip.htm>  
<http://www.medicine.ox.ac.uk/bandolier/band144/b144-6.html>

*Whole Body Vibration (WBV) Study of patients*  
[http://en.wikipedia.org/wiki/Whole\\_body\\_vibration](http://en.wikipedia.org/wiki/Whole_body_vibration)

## Contraindications

Do not use our machines if you have any of the following conditions:

Serious cardiovascular condition, Pacemaker, pregnancy, recent surgery, hip, knee or shoulder implants, epilepsy. Severe diabetes, acute hernia, discopathy, spondylolysis, recent infections, tumor, recently placed IUD's, metal pins or plates, Herniated spinal disc.

If in any doubt about a medical condition not listed above, consult your physician before using a Whole Body Vibration Platform. If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

*Whole Body Vibration Training*  
<http://www.vibrationtraining.net/>

An independent site devoted to understanding WBV training including the latest research, how to guides, and consumer protection.

# VIBRA HEALTH»

## Technology

Vibration Training is a proven fitness technology for which you use a vigorously vibrating to stimulate your muscles and condensing 90 minute workout to 15 minutes. The vibration stimulus also has a whole host of other advantageous effects for Weight loss, sport, health, beauty, anti-aging and general well being.

We don't compromise on quality and guarantee that our plates are as strong as market

leading powered plates or your money and delivery cost refunded Vibrahealth, is a professional vibration Plate with 4 frequency setting and 4 time setting and high and low amplitude.

## Specifications

Bottom board LxWxH

920mm x 360mm

Column LxWxH

1430mm x 480mm x 360

Weight

66kg

Power

380W x 2 ( 760W total )  
programmes

Frequency Settings

30/35/40/45hz

Rated voltage

220v

Control Mode

Microprocessor

Materials

Steel base with Reinforced Fiberglass Construction

Accessories

Built-in 2 straps, poster, manual with training

Motion

Vertical / Lineal plate. Works on centrifugal force.

## Photos



# VIBRA HEALTH»



# VIBRA HEALTH»

## Shopping

(You may contact us at 1300 735 241 for your orders)



- Vibrahealth machine
- Users manual
- Exercise wall chart
- Includes shipping
- Free Sports pack (Sydney Metro) Pls. call for transport cost

**FREE SPORTS PACK**  
 WITH EVERY VIBRAHEALTH MACHINE PURCHASE  
TSHIRT - WATER BOTTLE  
 HAND TOWEL & CAP

Due to OH&S laws, someone must be present to collect machine.

Sydney Metro	<b>\$2490</b>	WA	<b>\$3090</b>
MEL	<b>\$2690</b>	SA	<b>\$2790</b>
QLD	<b>\$2790</b>		



Cap **\$22**



Towel **\$12**



Vibrahealth Tshirt **\$25**



Water Bottle **\$8**

**Payment and shipping times:**  
 It is our policy not to ship any items until payment is confirmed. Payments by Direct Deposit may take up to 3 days to confirm. Once your payment has been received and cleared into our account, we generally ship within 48hrs. Please allow up to 14 days for delivery



### Available Outlets

Innate Health Chiro  
9 Grose St., Parramatta NSW 2150  
Phone: (02) 9630 3800  
[www.innatehealth.com.au](http://www.innatehealth.com.au)

Move Fitness  
[www.movefitness.biz](http://www.movefitness.biz)

Treadmill Warehouse  
[www.treadmillwarehouse.com.au](http://www.treadmillwarehouse.com.au)

### Contact us

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Ph: 1300 735 241  
ACN:135 772 404