



### World's Only Dual-Action Vibration Trainer

### **History of Vibration Training**

The ancient Greeks first used vibration to treat varying health ailments, with its more modern use being traced back to pioneers.

Subsequently the Russians utilized VT with their cosmonauts to combat the effects of micro-gravity. Due to the effects of micro-gravity, experienced in space, Cosmonauts would experience rapid muscle atrophy; lose of strength and bone density.

They conducted a scientific investigation using a vibrating plate that Cosmonauts where fixed to and performed exercises on. The results showed an increase in muscle strength, muscle mass and subsequently bone density. These findings later influenced a flood or research into the effects of Vibration Training on athlete performance and a variety of other areas.

And so the 'Whole Body Vibration Training' (WBV) industry was born!



### **Commonly Used Terms**

<u>Frequency:</u> (measured in Hz), the repetition rate per second.

Amplitude: (measured in mm), displacement of the platform.

<u>Duration</u>: (measured in minutes and seconds): How long each segment of vibration training lasts.

Position: The body position can be either static or dynamic, working through a variety of ranges of movement.

External loading: Using bands, dumbbells, barbells or other methods of resistance.

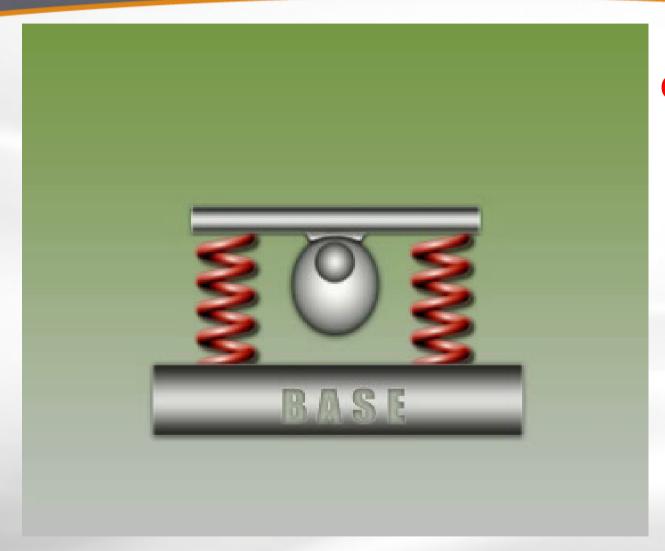


# TYPES OF VIBRATION PURE VIBRATION

Our products have a unique patented design that provides PURE VERTICAL VIBRATION

It provides pure vertical vibration – FLAT MODE
 (linear)(straight up and down) and pure vertical vibration –
 TILT MODE (pivot) (see-saw action). Both have NO
 horizontal component to the vibration. We believe that as
 more research is carried out into controlled whole body
 vibration, machines with vertical motion will prove to be
 the most beneficial





# **Conventional System**

# **Rotary** motion

Creates a horizontal component to the movement





Dual Mode System

Flat Linear Mode

Produces a vertical motion





**Dual Mode System** 

Tilt Pivot Mode

Produces a pivot motion



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### **About g-force**

g-force measures the level of (positive or negative gravity) that is applied to the body.



			5MM or	5g max	for VM2															
AMPLITUDE mm																				
5.0	2.25	2.56	2.89	3.24	3.61	4.00	4.41	4.84	5.29	5.76	6.25	6.76	7.29	7.84	8.41	9.00	12.25	16.00	20.25	25.00
4.8	2.16	2.46	2.77	3.11	3.47	3.84	4.23	4.65	5.08	5.53	6.00	6.49	7.00	7.53	8.07	8.64	11.76	15.36	19.44	24.00
4.6	2.07	2.36	2.66	2.98	3.32	3.68	4.06	4.45	4.87	5.30	5.75	6.22	6.71	7.21	7.74	8.28	11.27	14.72	18.63	23.00
4.4	1.98	2.25	2.54	2.85	3.18	3.52	3.88	4.26	4.66	5.07	5.50	5.95	6.42	6.90	7.40	7.92	10.78	14.08	17.82	22.00
4.2	1.89	2.15	2.43	2.72	3.03	3.36	3.70	4.07	4.44	4.84	5.25	5.68	6.12	6.59	7.06	7.56	10.29	13.44	17.01	21.00
4.0	1.80	2.05	2.31	2.59	2.89	3.20	3.53	3.87	4.23	4.61	5.00	5.41	5.83	6.27	6.73	7.20	9.80	12.80	16.20	20.00
3.8	1.71	1.95	2.20	2.46	2.74	3.04	3.35	3.68	4.02	4.38	4.75	5.14	5.54	5.96	6.39	6.84	9.31	12.16	15.39	19.00
3.6	1.62	1.84	2.08	2.33	2.60	2.88	3.18	3.48	3.81	4.15	4.50	4.87	5.25	5.64	6.06	6.48	8.82	11.52	14.58	18.00
3.4	1.53	1.74	1.97	2.20	2.45	2.72	3.00	3.29	3.60	3.92	4.25	4.60	4.96	5.33	5.72	6.12	8.33	10.88	13.77	17.00
3.2	1.44	1.64	1.85	2.07	2.31	2.56	2.82	3.10	3.39	3.69	4.00	4.33	4.67	5.02	5.38	5.76	7.84	10.24	12.96	16.00
3.0	1.35	1.54	1.73	1.94	2.17	2.40	2.65	2.90	3.17	3.46	3.75	4.06	4.37	4.70	5.05	5.40	7.35	9.60	12.15	15.00
2.8	1.26	1.43	1.62	1.81	2.02	2.24	2.47	2.71	2.96	3.23	3.50	3.79	4.08	4.39	4.71	5.04	6.86	8.96	11.34	14.00
2.6	1.17	1.33	1.50	1.68	1.88	2.08	2.29	2.52	2.75	3.00	3.25	3.52	3.79	4.08	4.37	4.68	6.37	8.32	10.53	13.00
2.4	1.08	1.23	1.39	1.56	1.73	1.92	2.12	2.32	2.54	2.76	3.00	3.24	3.50	3.76	4.04	4.32	5.88	7.68	9.72	12.00
2.2	0.99	1.13	1.27	1.43	1.59	1.76	1.94	2.13	2.33	2.53	2.75	2.97	3.21	3.45	3.70	3.96	5.39	7.04	8.91	11.00
2.0	0.90	1.02	1.16	1.30	1.44	1.60	1.76	1.94	2.12	2.30	2.50	2.70	2.92	3.14	3.36	3.60	4.90	6.40	8.10	10.00
1.8	0.81	0.92	1.04	1.17	1.30	1.44	1.59	1.74	1.90	2.07	2.25	2.43	2.62	2.82	3.03	3.24	4.41	5.76	7.29	9.00
1.6	0.72	0.82	0.92	1.04	1.16	1.28	1.41	1.55	1.69	1.84	2.00	2.16	2.33	2.51	2.69	2.88	3.92	5.12	6.48	8.00
1.4	0.63	0.72	0.81	0.91	1.01	1.12	1.23	1.36	1.48	1.61	1.75	1.89	2.04	2.20	2.35	2.52	3.43	4.48	5.67	7.00
1.2	0.54	0.61	0.69	0.78	0.87	0.96	1.06	1.16	1.27	1.38	1.50	1.62	1.75	1.88	2.02	2.16	2.94	3.84	4.86	6.00
1.0	0.45	0.51	0.58	0.65	0.72	0.80	0.88	0.97	1.06	1.15	1.25	1.35	1.46	1.57	1.68	1.80	2.45	3.20	4.05	5.00
0.8	0.36	0.41	0.46	0.52	0.58	0.64	0.71	0.77	0.85	0.92	1.00	1.08	1.17	1.25	1.35	1.44	1.96	2.56	3.24	4.00
0.6	0.27	0.31	0.35	0.39	0.43	0.48	0.53	0.58	0.63	0.69	0.75	0.81	0.87	0.94	1.01	1.08	1.47	1.92	2.43	3.00
0.4	0.18	0.20	0.23	0.26	0.29	0.32	0.35	0.39	0.42	0.46	0.50	0.54	0.58	0.63	0.67	0.72	0.98	1.28	1.62	2.00
0.2	0.09	0.10	0.12	0.13	0.14	0.16	0.18	0.19	0.21	0.23	0.25	0.27	0.29	0.31	0.34	0.36	0.49	0.64	0.81	1.00
FREQUENCY Hz	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	35	40	45	50



### World's Only Dual-Action Vibration Trainer

# Personal Home Use PULSE TRAINER

**VIBRATION TECHNOLOGY** 







# Personal Home Use PULSE TRAINER

### **COMES WITH:**

User manual

Programs (Beginner and Intermediate)

Instructional DVD

Sort plate cover

Website access code: training programs

A2 Wall chart

### **OPTIONAL EXTRAS:**

Resistance straps

Floor mat

Other accessories to come......



#### CONTRAINDICATIONS

Before using this Product please read this list of known Contraindications.

If you have one or more of these listed conditions, you should not use the Product.

Acute arthropathy and arthrosis

Acute inflammations, infections or fever

Cardiovascular disease - heart and vascular

Endoprostheses of the lower extremities and spine (plates & screws)

Epilepsy

Gallstones

Heart rhythm disorders and Heart valve disorders

Hernia

High blood pressure sufferers (situational)

Implants of the spine

Kidney stones

Migraine

Recent thrombosis or possible thrombotic complaints

Acute back problems after fracture, disc related problems, spondylosis, gliding spondylolisthesis

Pain with the exercises

Position dizziness (PBPD)

Post-operative wounds – traumatology?? [suggest: trauma], visceral surgery, orthopedics, neural surgery

Pregnancy or recent pregnancies (6 weeks)

Previous spinal surgery or disc pathology proven by radiological investigations (i.e. Herniated disc)

Recent surgery and fresh (surgical) wounds?

Severe osteoporosis with BMD < 70mg/ml

Spasticity - after stroke/ apolex?? with spasticity, spinal cord lesion

**Tumours** 









Lower Body





**Exercises** 











**Upper** 

**Body** 

**Exercises** 







## **Core Strength**











## Stretching



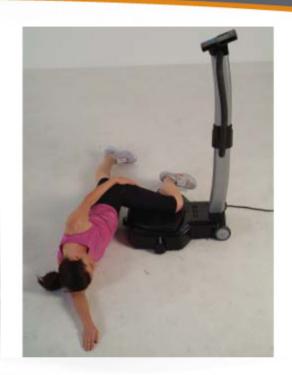












Relaxation

