

Many studies have demonstrated that
a 10-minute exercise
on a Whole Body Vibration machine is equivalent and even
better than
an hour workout
with conventional fitness equipment.

IN JUST 10 MINUTES MAXIMUM RESULTS, MINIMUM EFFORT

- Burn fat and lose inches
- Boost muscle strength
- Tone and firm targeted areas
- Improve flexibility
- Improve metabolism
- Reduce cellulite
- Stimulate lymphatic system
- Whole body massage
- Enhance balance and co-ordination

The Benefits

This machine provides an efficient and effective workout, especially for those on the go who don't have time to go to the gym. Exercises are easy and short. Training 3 times a week on a Whole Body Vibration machine for few weeks will significantly improve the following:

Balance Strength Flexibility Endurance Toning & Fat-Loss

Bonus Benefits

Not only will your energy levels increase, your mental focus will be enriched and enhanced, and you will sleep better. The secondary effects generated will be increased blood flow and increased involuntary neuromuscular stretch reflex, which in turn will boost your hormonal system response, generating more Endorphins (happy hormone), more Collagen (better skin), more HGH (more muscle mass and less fat), and lower your Cortisol level (stress and fat accumulation hormone)