

T-zone VIBRATION

HEALTH TECHNOLOGY

Let us demonstrate how you can
SHAKE YOUR WAY TO GOOD HEALTH!
 with T-Zone's Whole Body Vibration Technology

Research shows you can
 GET THE BENEFIT OF A 1-HOUR WORKOUT
IN JUST 10 MINUTES!

The newest innovation
 in health and
 fitness may:

- increase muscle strength
- tone and firm muscles
- build bone mass density
- improve flexibility
- improve circulation
- increase metabolism
- stimulate the lymphatic system
- decrease cellulite
- massage muscles
- help conditions such as back pain, osteoporosis, fibromyalgia and neurological disorders

\$1669

plus taxes
 where applicable



In just a few minutes a day, whole body vibration can transform your health and fitness!

Boost your energy and health!



Amazing health and fitness benefits in just 10 minutes
...in the comfort of your home
...instead of 1 hour at the gym!
Keep your muscles and bones strong!

Enjoy your retirement years!

No drugs... it's gentle... easy!

Whole Body Vibration has been shown to:

- ✓ Prevent and Reverse Osteoporosis!
- ✓ Reduce Common Incontinence!
- ✓ Reverse Arthritis!
- ✓ Improve Mobility!
- ✓ Improve Balance!
- ✓ Improve Circulation!
- ✓ Improve Flexibility!
- ✓ Low impact, kind to your joints!

Enjoy Life to the fullest!
Feel vitality returning!

Give your health a vibration boost!

These benefits may come in just a few minutes, only 3-5 times a week!



Vibration Technology can change your life!

A Powerful Tool for Complete Body Health...
It's **FAST ... and fun!**
And the results...**outstanding!**

"A new way to
shake off the pounds!"

TIME MAGAZINE
September 2006

Backed by worldwide research!
Researched by over 30 Universities
worldwide to:

- ✓ Increase muscle strength
- ✓ Build bone density and fight Osteoporosis
- ✓ Increase metabolism, burn fat and raise energy levels
- ✓ Tone and tighten skin
- ✓ Decrease cellulite
- ✓ Decrease blood pressure and cortisol levels (*stress hormone*)
- ✓ Natural high... stimulate the happy hormone 'Serotonin'



How Vibration Technology Works

When you stand on a **VT-12 Vibration Platform**, it produces vertical vibrations from a side - alternating rocking movement which simulates walking. The energy is safely and effectively transferred to your body, stimulating every cell - your muscles, your bones and your soft tissue.

Our body reacts to this natural stimulus with an involuntary reflex body reaction. Depending on the speed, your muscles will contract up to 14 times per second and as the acceleration forces increase, your body will feel as though it "weighs" more. This clever technology means you can work against a far greater influence or "load" of gravity in every movement you perform. That's less stress on the joints, ligaments and tendons when compared to regular resistance training.

The result ... you may achieve more benefits in far less time than conventional exercise. Unlike other fitness or health machines, the **VT-12** is particularly unique because it achieves results for a wide range of health objectives for all ages and body types.

"I have had back pain for the last 10 years and over the last 4 years it has been more constant. Every day when I woke up, I would experience intense back pain and spasms. It would be so painful that sometimes I needed help getting out of bed. Since using T-Zone Vibration Technology for just over a week, I am waking up pain-free. It's a miracle!"

Lisa L., Ajax, ON

BENEFITS OF VIBRATION

Worldwide research highlights the physiological and neuromuscular benefits unique to Whole Body Vibration (WBV). These studies show astounding results for improved fitness and health in a fraction of the time, compared to conventional exercise. The technology is being accepted by major medical, rehabilitation and therapeutic centres in Europe, the USA, Canada and Australia. Professional sport teams have adopted WBV to develop explosive strength and for rehabilitation. Health Spas are offering clients personalised sessions for massage and relaxation and Personal Trainers are using it exclusively for the ultimate whole body strength and toning workout.

Whole Body Vibration has shown, through extensive worldwide research, to have far reaching health benefits...

For your Muscles...

With WBV, you may expect similar strength gains to conventional resistance/gym training in a fraction of the time. Scientific studies have proven these rapid strength gains. A 10 minute Vibration workout may give similar benefits to a 1 hour gym session!

For Accelerated Weight Loss...

The way we look, feel, and function all relies on strong muscles. Even at rest our muscles burn calories at a rate based on our metabolism. The more lean muscle mass we have - the more calories we burn! Vibration Training may give a sluggish metabolism just the boost it needs ...up to an 18% increase from 10 minute sessions, just 3 times a week over 6 weeks. (Bonner Physical Therapy, 2003). So even when relaxing you may be burning through considerably more calories with Vibration Training! Combined with a cardio workout, you have the complete package – firming and toning and optimum weight loss! (also refer to "Firming and Toning" to follow)



For Firming & Toning...

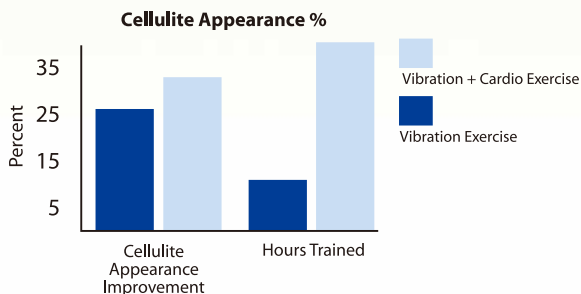
Lost a lot of weight? Then you'll know how difficult it is to maintain muscle tone. The fact is... weight loss does not discriminate between fat and muscle. So if you lose 10 lbs/kgs of fat, you may lose 1 lb/kg of muscle - and lean muscle is very hard to replace. The only way to preserve muscle is through resistance exercise. And with WBV, this may be accomplished far more efficiently than conventional weight training in the gym.

For Beauty...

What woman wouldn't appreciate a beauty treatment 3-5 times a week! Using the **VT-12** may improve circulation, carry vital oxygen to your cells and tissues, assist in flushing toxins, while increasing your production of collagen. This may result in firmer, smoother skin; and significantly **REDUCE** cellulite!!!

Research shows that with just 3 sessions a week (11 hours total over 24 weeks), it may be possible to reduce cellulite on your thighs and buttocks by a massive 25.7%! (Sanaderm. Anti Cellulite Untersuchung, 2003)

And when you combine Vibration Training with cardio exercise, it's been shown that a cellulite reduction of 32% may be achieved. Just see these results!



It's a fact...

I bought the T-Zone Vibration machine hoping it would help with a diet I was about to undertake. I had pain in my joints and numbness on the right side of my body so I figured I had nothing to lose by trying the T-Zone Vibration machine.

Well not only did the T-Zone help with my diet, it accelerated the results. I lost 27 pounds in 4 weeks plus I was able to sleep better at night than I had in a long time. I always tossed and turned because of numbness and pain but since using the T-Zone that has all disappeared and I feel great. The T-Zone has helped with the circulation in my system and it is so relaxing and relieves the stress of the day. I use the T-Zone in the morning to get my metabolism going and in the evening to help relax tense muscles from the day. I used to have to go to the chiropractor and massage therapist weekly because of my back; I experienced muscle spasms daily; now I only go once a month if that. The T-Zone has paid for itself alone just with the saved trips for these appointments.

My whole family uses the T-Zone. My spouse has also experienced less back pain and it has helped with my daughter's constipation problems. The machine is no effort to use at all. We just jump on it while watching TV and it does all the work for you, all you have to do is turn it on.

Angela
Winnipeg, MB



Benefits of Vibration (cont'd)

For Bones...

Strong bones are what keep us young! Extensive studies show that after 39 years of age, women have a rate of bone loss double the rate of men! Post-menopausal women are most affected, so this is serious stuff. Resistance training, i.e. what we're told to do at the gym or at home with resistance bands and weights, shows no benefit to improving bone density. But the exciting news is that WBV may provide excellent results and with little effort. This is according to the groundbreaking study reported in the Journal of Bone and Mineral Research in 2006.

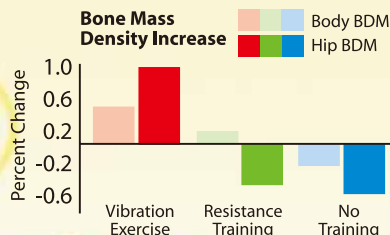


Vibration was born in the early days of space travel - when Astronauts are in space for extended periods significant loss of bone density is experienced. Vibration counters this by maintaining or increasing bone density.

Since I have been coming to T-Zone Vibration I have a lot more energy, I used to sometimes feel like I needed a lot of coffee in the morning to wake up. Now I feel more awake and lighter. I enjoy coming into the studio and trying all the different poses, it feels like playing. Safaa, Ajax, ON

For Anti-Aging...

Gentle Vibration Exercise may prevent age-related muscle loss, increase flexibility and range of motion. It also may stimulate the production of collagen, creating tighter, more beautiful skin. It's all possible! The fact that scientific research has shown Vibration Exercise may help fight Osteoporosis is exciting (refer to "For Bones" above). So for older generations, this could well be the most important discovery in decades.



For Circulation...

Increased blood circulation is a notable benefit of Vibration, even at low speeds. As a result, your cells receive more oxygen and nourishment. The body may also develop better lymphatic drainage to improve our overall health and immunity. It does this by taking away waste products and moving white blood cells to where they are needed. White blood cells are like the 'cavalry' of the body - removing debris from broken down cells and attacking invading agents, such as poisons and bacteria.

For Massage...

More than just an exercise and rehabilitation machine, the **VT-12** offers the luxury of whole body massage and relaxation. Massage also benefits overall health and has been shown to improve physical performance, prevent and eliminate injuries, reduce stress, improve circulation and assist in flushing toxins!

For Feeling Good...

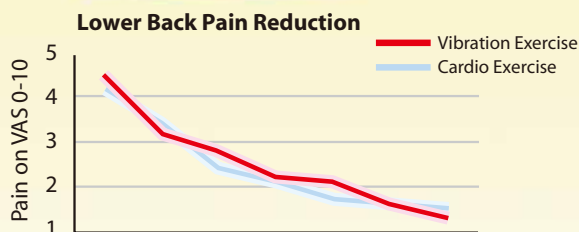
Just relax ... the **VT-12** may reduce the effects of stress by decreasing cortisol levels (the 'stress hormone'). With WBV, you may get that natural 'high' after every workout. It's true ... in fact it's a chemical reaction! As a result of the vibrations our bodies increase their secretion of serotonin, the "feel good" neurotransmitter. You may get that overall feeling of youth and energy. You may also have the benefits of improving mental stimulation and concentration.



For Back Pain...

When you're on your feet all day or just sitting at a desk, back pain can be debilitating and affects millions! The **VT-12's** side-alternating platform immediately activates those 'key' stabilising muscles at the body's core – when weak, they're the trigger for back problems. Strong core muscles mean we develop a better posture to promote spinal health and keep us free from back pain. Because Vibration increases circulation to the problem areas, you may no longer have the need to do special exercises that may be painful and cause discomfort (those exercises that are normally associated with strengthening weak core muscles).

A study by Manchester Metropolitan University showed that WBV may reduce chronic lower back pain by 70% in just 3 months.



*"If sports people had Vibration Training before performing ... delayed onset muscle soreness would be prevented or controlled."
(British Journal of Sports Medicine)*

For Rehabilitation...

WBV may prevent injuries, but just as important, it can help in the rehabilitation process. Many professional sports teams, physiotherapists and chiropractors have found WBV to be an invaluable tool - having an ability to strengthen muscles without the usual strain on joints and ligaments.

The process of rehabilitation involves an increase in blood flow causing a dramatic spike in Human Growth Hormone (HGH) - the key to the repair and regeneration of soft tissue. While improved circulation also helps to drain fluid build-up from injured tissue, Vibration stimulates a combined release of hormones and natural chemicals to suppress pain. Used for rehab, this really is a "wonder therapy".

For Die Hard Golfers...

(and other sports people)

Flexibility and strength... it's what every golfer must possess to achieve greatness! The **VT-12** delivers these benefits. As it stimulates muscles, there may be a dramatic increase in explosive strength, motor learning, muscular endurance and overall agility.



Strength Exercises

Major Benefits: May slim, tone and increase your metabolism as you build strength! Also good for building bone density!



Deep Squat:
For quads



One-Leg Squat:
For glutes & hamstrings



Calf Raise:
For calves



Wide Squat:
For quads



Ring Adductor (feet wide):
For quads



Lunge:
For quads, glutes & hamstrings



Leg Curl:
For quads, glutes & hamstrings



Ring Adductor (feet close):
For quads



Reverse Push-Up:
For shoulders & triceps



Ring Chest Press:
For shoulders



Push-Up:
For shoulders & triceps



Push-Up Advanced:
For shoulders & triceps



Triceps Kick-Back:
For triceps



Bicep Curl:
For biceps



Triceps Dip:
For triceps



Triceps Push-Up:
For triceps & chest



Standing Row:
For upper & lower back



Ab Plank:
For upper abdominals



Boxing:
For shoulders, abdominals, biceps & forearms



Side Raise:
For shoulders



Standing Abdominals:
For abdominals



V-Sit One Leg:
For abdominals



Seated Abdominals:
For abdominals



Seated Abdominals with Band:
For abdominals



One-Leg Glutes:
For glutes & hamstrings



Pelvic Bridge:
For glutes & hamstrings

Stretching/Flexibility Positions

Major Benefits: May improve flexibility, range of motion and help build bone density!



Forward Stretch:
For hamstrings, glutes & lower back



Seated Forward Stretch:
For hamstrings, glutes & lower back



Quadricep Stretch:
For quads, knees & lower extremities



Piriformis Stretch:
For buttocks



Lower Back Extension:
For hamstrings, groin & glutes



Gluteal Stretch:
For glutes



Pectoral Stretch:
For chest & shoulders

Circulation Positions

Major Benefits:
Even at low speeds, you may build bone density and improve your whole body circulation!



Standing:
For whole body (chest up, stomach in, knees slightly flexed)

Massage Positions

Major Benefits:
For relaxation, boosting circulation and reducing cellulite! Also may help to build bone density!



Quad Massage



Calf Massage



Upper Arm Massage



Back Relax



Abductor Massage:
For top inner thigh

Use a Fit Ball!



Ab Crunch
For abdominals



Back Relax/Stretch
For back & calves



Calf Massage
For calves

*Fit Ball not included

Dear T-Zone Vibration Technology:

After a bit of apprehension, I am amazed with the results I've had after only 2 months using the T-Zone. My energy level has gone up and I feel invigorated and alert. The machine awakens every muscle in my body. I feel stronger, more flexible, and stimulated. I have lost inches around my midriff, my muscles are more receptive, and my joints are less sore. The benefits I've had have been phenomenal! This new technology is a sure hit with me; I sincerely believe in the process and recommend it highly. I look forward to every session.

Don P., Prince Edward Island



Frequently Asked Questions

▶ **Is Whole Body Vibration (WBV) training credible?**

Absolutely. From NASA to professional sports' teams to chiropractors and physiotherapists, WBV has been accepted and is being employed throughout the world. Its proven benefits are detailed in medical journals and across the Internet.

▶ **How does Vibration work?**

The **VT-12 Vibration Platform** produces vertical vibrations from a side-alternating rocking movement which simulates walking. Our body reacts to this natural stimulus with an involuntary reflex body reaction. Depending on the speed, your muscles will contract up to 14 times per second and as the acceleration forces increase, your body works against a far greater influence or "load" of gravity in every movement you perform.

▶ **The claims of benefits achieved from Vibration are quite extensive. Can this really be true that you can achieve such wide and varied benefits?**

Yes. This is because the claims made are all as a result of research from over 30 universities worldwide. Check out just some of the studies on pages 11-12.

▶ **Is it safe?**

Yes. T-Zone Health distributes Oscillating Vibration Technology, which is considered the safest form of Vibration, and we are CSA approved. However, like all new exercise programs, it's important to consult your health care professional first. Whether you're physically fit or a non-exerciser, overweight, suffering from stiffness, aches and pains or recovering from an injury, almost anyone can enjoy the benefits of this machine.

▶ **My doctor/specialist doesn't know about Whole Body Vibration. What should I do?**

Both nationally and internationally, Vibration Training is becoming more widely known. The knowledge and know-how on the many applications of Vibration Training is growing rapidly - not only in the world of health and fitness clubs, but also in the area of medical and rehabilitative care.

If your doctor, specialist or physiotherapist would like to know more about WBV and its possible applications, have them visit our web site for more information.

▶ **Can I exercise all my muscles on the VT-12?**

Yes. The vibration does not discriminate between different muscle groups, e.g. quadriceps and hamstrings. They both work together on the **VT-12**. The vibration is highest in the body part that is closest to the platform and will dampen as it travels up the body.



▶ **Can I lose weight when training on the VT-12?**

Yes, you may lose weight. Training on the **VT-12** has been shown to increase lean muscle mass, therefore increase metabolism and burning more calories. It is recommended though, for optimum weight loss, that you combine Vibration training with a cardio workout.

▶ **How long do I have to use the VT-12 in any one session to get a benefit?**

You may notice benefits almost right away - often after 1 minute, you will feel the changes. A full session should take approximately 10 minutes. This workout can be used as a stand-alone program or in conjunction with other strength or cardio training.

▶ **Could a Vibration workout replace my entire fitness program?**

The **VT-12** may increase isometric (still) and isotonic (moving) muscle strength, increase flexibility and mobility, improve co-ordination and core stability. It really depends on your personal aims. For instance, if your objective is weight loss, we would recommend incorporating this training with cardiovascular exercise. (e.g., a treadmill.)

▶ **Is there a training schedule?**

It's a good idea to begin gradually using the **VT-12** (in 3 to 10 minute sessions). Because the initial training phase occurs on a neurological level (as it also does with conventional training), it is necessary to become accustomed to this new form of exercise to receive the full effects. Your present condition will determine when you begin to see results - normally between 2 to 6 weeks. When you purchase your **VT-12**, you'll benefit from three professionally designed Vibration programs for beginners, intermediate and advanced users. They form part of your comprehensive User's Manual.

▶ **Can I reduce cellulite through Vibration Training?**

Yes! Studies have shown that cellulite can be significantly reduced through Whole Body Vibration. This is achieved through improving the body's ability to drain toxins and lymphatic waste by promoting better circulation. This in turn reduces undesirable swelling in those areas of the body affected by cellulite. Increased collagen also plays a role by improving the skin's tone and elasticity. Note: being properly hydrated will help this process.

▶ **How is circulation affected by Vibration?**

While performing exercises your muscles are contracting - this would usually decrease your circulation - but when training on the **VT-12**, circulation in both the muscles and skin tissue may be increased significantly. Furthermore, while enjoying massage positions, your circulation may improve which significantly benefits the reduction of cellulite.

▶ **What are massage positions used for?**

Massage on the **VT-12** may enhance circulation considerably, which can be seen by the slight redness on the skin and felt by an itchy tingly, warm sensation. This in turn may increase lymphatic drainage, flushing toxins from your body and reinforcing the production of collagen to improve the skin's suppleness. Together with the increased production of Human Growth Hormone, massage may significantly contribute to combating cellulite.

*"Vibration...
good therapy
for people with
Arthritis or
Osteoporosis..."*
Time Magazine,
Sept 2006



Frequently Asked Questions (cont'd)

▶ Can the VT-12 improve my flexibility?

Yes, one of the first things you can notice is that your body is becoming more flexible and your range of motion is increasing. Research has shown that stretch positions with Vibration Training may give a greater increase in flexibility. An extra bonus is that your muscles are stretched in the same positions as in everyday movements.

▶ Do I need to do difficult exercises to gain any benefit?

No, all the exercises we recommend are functional positions to benefit your overall fitness and strength. Some people just like to stand on the platform. Others perform squats, lunges, push-ups, even golf shots! Your choice of exercise positions will depend on your needs. Select the appropriate program - Beginners, Intermediate or Advanced.

▶ How do I get a stretching benefit from the VT-12?

The VT-12 can give you a significant increase in muscle length just from standing on the platform. It is advisable to hold a regular muscle stretch position to increase the stretching effect.

▶ Should I alternate muscle groups I am exercising on the VT-12?

It is entirely up to you. However, it is sensible to alternate between upper body, lower body and abdominal exercises to allow each group a rest in between.

▶ Should I avoid using Vibration with bare feet?

To ensure correct transfer of vibrations to the body, there should be as little friction as possible between your body and the Vibration Platform. This is most easily achieved while wearing flexible-soled shoes (while these do not have to be training shoes, they are recommended). However, if you would like to train barefoot or perform exercises where other parts of the body are in contact with the machine, we suggest using a rubber mat or towel for added comfort.

▶ Why should I perform some exercises dynamically (i.e. with movement)?

The advantage of the VT-12 over other gym equipment is that you can train functional movement, i.e. the movements we use in everyday life. As we are constantly using our bodies and muscles, training dynamically on the machine more closely reflects our normal functions. However, we do suggest that when you first start using the VT-12, that you hold positions statically (with no movement) to ensure you have the correct techniques-with correct posture and positioning.

Once this is learned, you can begin to exercise dynamically. Your comprehensive Owner's Manual will include three professionally designed Vibration programs for beginner, intermediate and advanced users.

▶ Is it normal for my legs to itch during and after training?

Yes. Itching may occur while using the VT-12. This is due to the large increase in circulation caused while training - this is completely normal.

▶ Will I sweat during the Vibration workout?

Yes. Any exercise or physical activity will cause an increase in body temperature and metabolism. This in turn will cause you to perspire so you will sweat during your Vibration workout.



Research

Considerable research has been conducted on Whole Body Vibration. Most research has been generated from over 30 institutions in Europe, including research done at the European Space Agency, and in North America.

Athlete Performance

- New trends in training science: The use of vibrations for **enhancing performance**. (C. Bosco, M. Cardinale, O. Tarpela, E. Locatelli - *New Stud Athletics*, 1999)
- Adaptive responses of **human skeletal muscle** to vibration exposure. (C. Bosco, R. Colli, E. Introni, M. Cardinale, O. Tarpela, A. Madella - *Clinical Physiology*, 1999)
- Acute and residual effects of vibratory stimulation on **explosive strength in elite and amateur athletes**; Influence of vibration on mechanical power and electromyogram activity in human arm flexor muscles. (C. Bosco, M. Cardinale, O. Tarpela - *European Journal of Applied Physiology and Occupational Physiology*, 1999)
- Acute changes in **neuromuscular excitability** after exhaustive whole body Vibration exercise as compared to exhaustion by squatting exercise. (J. Rittweger, M. Mutschelknauss, D. Felsenberg - *Clinical Physiology and Functional Imaging*, 2003)
- Acute whole body Vibration Training increases **vertical jump and flexibility** performance in elite female field hockey players. (D.J. Cochrane, S.R. Stannard - *British Medical Journal*, 2005)
- Effects of a 6-week periodized squat training program with or without whole-body vibration on **jump height and power output** following acute vibration exposure. (Lamont HS; Cramer JT; D.A. Bemben; R.L. Shehab; M.A. Anderson; M.G. Bemben - *Journal of Strength & Conditioning Research*, 2009)

Bones

- Whole-body vibration effects on **bone mineral density in women** with or without resistance training. (B. Humphries, A. Fenning, E. Dugan, J. Guinane, K. MacRae - *Aviation, Space and Environmental Medicine*, 2009)
- Whole-body vibration as potential intervention for people with low **bone mineral density and osteoporosis**: A review. (J.O. Totosy de Zepetnek, L.M. Giangregorio, B.C. Craven. - *Journal of Rehabilitation Research and Development*, 2009)
- **Prevention of bone loss** during 56 days of strict bed rest by side-alternating resistive vibration exercise. (J. Rittweger, G. Beller, G. Armbrecht, E. Mulder, B. Buehring, U. Gast, F. Dimeo, H. Schubert, A. de Haan, D.F. Stegeman, H. Schiessl, D. Felsenberg - *Bone*, 2010)

Low Back Pain

- Treatment of **chronic lower back pain** with lumbar extension and Whole Body Vibration exercise. (J. Rittweger, K. Just, K. Kautzsch, P. Reeg, D. Felsenberg - *Spine*, 2002)
- The effect of weight bearing exercise with low frequency, Whole Body Vibration on **lumbosacral proprioception**: A pilot study on normal subjects. (T.L. Fontana, C.A. Richardson, W.R. Stanton - *Australian Journal of Physiotherapy*, 2005)

Metabolic Changes

- **Hormonal responses** to Whole Body Vibration in men. (C. Bosco, M. Lacovelli, O. Tarpela, M. Cardinale, M. Bonifazi, J. Tihanyi, M. Viru, A. De Lorenzo, A. Viru - *European Journal of Applied Physiology*, 2000)
- **Acute physiological effects** of exhaustive Whole Body Vibration exercise in man. (J. Rittweger, G. Beller, D. Felsenberg - *Clinical Physiology*, 2000)
- Whole Body Vibration exercise leads to alterations in **muscle blood volume**. (K. Kerschhan-Schindl, S. Grampp, C. Henk, H. Resch, E. Preisinger - *Clinical Physiology*, 2001)

“Relatively short exposure to Whole Body Vibration has been also shown to increase the serum levels of testosterone and growth hormone” (which means tissue is repaired and regenerated much faster).
(The University of Aberdeen)



Physiotherapists agree

...“We use Whole Body Vibration in our clinic and consider it an important part of our treatment for chronic back pain, general weakness, Osteoporosis and poor balance. It is also used by sports people to enhance their strength training.”

Kevin Guest, Physio
Fitness, Maroochydore,
Sunshine Coast, Australia

Research (cont'd)

- **Oxygen uptake** during Whole Body Vibration exercise: Comparison with squatting as a slow voluntary movement. (J. Rittweger, H. Schiessl, D. Felsenberg - *European Journal of Applied Physiology*, 2001)
- The effects of vibration on **human performance and hormonal profile**. (C. Lamme, M. Hartard, C. Kleinmond, H. Schiessl, D. Jeschke - *Doctoral thesis, Semmelweis University*, 2002)
- **Oxygen uptake** in Whole Body Vibration exercise: Influence of vibration frequency, amplitude and external load. (J. Rittweger, J. Ehrig, K. Just, M. Mutschelknauss, K.A. Kirsch, D. Felsenberg - *International Journal of Sports Medicine*, 2002)

Muscle Power and Strength

- Short-term effects of Whole Body Vibration on maximal **voluntary isometric knee extensor force** and rate of force rise. (C. de Ruiter, R. van der Linden, M. van der Zijden, A. Hollander, A. de Haan - *European Journal of Applied Physiology*, 2003)
- High-frequency Vibration Training increases **muscle power in postmenopausal women**. (C.R. Russo, F. Lauretani, S. Bandinelli, B. Bartali, C. Cavazzini, J. Guralnik, L. Ferrucci - *Archives of Physical Medicine and Rehabilitation*, 2003)
- The use of Vibration Training to enhance **muscle strength and power**. (J. Luo, B. McNamara, K. Moran - *Sports Medicine*, 2005)
- Human skeletal **muscle structure and function** preserved by Vibration muscle exercise following 55 days of bed rest. (D. Blottner, M. Salanova, B. Püttmann, G. Schiff, D. Felsenberg, B. Buehring, J. Rittweger - *European Journal of Applied Physiology*, 2006)
- Effect of whole body vibration exercise on **muscle strength and proprioception** in females with knee osteoarthritis. (T. Trans, J. Aaboe, M. Henriksen, R. Christensen, H. Bliddal H. Lund - *The Knee*, 2009)
- Effect of an acute bout of whole body vibration exercise on **muscle force output and motor neuron excitability**. (J.M. McBride; J.L. Nuzzo; A.M. Dayne; M.A. Israel; D.C. Nieman; N.T. Triplett - *Journal of Strength & Conditioning Research*, 2010)

Neurological Conditions

- Effects of Whole Body Vibration in patients with **multiple sclerosis**: A pilot study. (O. Schuhfried, C. Mittermaier, T. Jovanovic, K. Pieber, T. Paternostro-Sluga - *Clinical Rehabilitation*, 2005)
- Effects of random Whole Body Vibration on **postural control in Parkinson's Disease**. (S. Turbanski, C.T. Haas, D. Schmidtbleicher, A. Friedrich; P. Duisberg - *Research in Sports Medicine*, 2005)
- Whole body vibration versus conventional physiotherapy to improve **balance and gait in Parkinson's disease**. (G. Ebersbach, D. Edler, O. Kaufhold, J. Wissel - *Archives of Physical Medicine and Rehabilitation*, 2008)

Senior Performance

- Effect of whole-body vibration exercise and muscle strengthening, balance, and walking exercises on **walking ability in the elderly**. (K. Kawanabe, A. Kawashima, I. Sashimoto, T. Takeda, Y. Sato, J. Iwamoto - *The Keio Journal of Medicine*, 2007)
- Influence of whole body vibration platform frequency on **neuromuscular performance of community-dwelling older adults**. (T.P. Furness, W.E. Maschette - *Journal of Strength and Conditioning Research*, 2009)
 - Effects of whole body vibration on **postural steadiness in an older population**. (S.S. Rees, A.J. Murphy, M.L. Watsford - *Journal of Science and Medicine in Sport*, 2009)
 - Effects of whole body vibration training on **cardiorespiratory fitness and muscle strength in older individuals (a 1-year randomised controlled trial)**. (A.C. Bogaerts; C. Delecluse; A.L. Claessens; T. Troosters; S. Boonen; S.M. Verschueren - *Age & Ageing*, 2009)

Urinary Incontinence

- Effect on Muscles of mechanical vibrations produced by the Galileo 2000 in combination with physical therapy in treating female stress urinary incontinence. (S. von der Heide, G. Emons, R. Hilgers, V. Viereck - galileowholebodyvibration.com.au)

**Note - this research and all research referenced throughout this document is available in the public domain. Various models and machines on the market have been used for the purpose of conducting research. We believe that T-Zone Vibration Technology falls within the main stream of general research performed using WBV but make no specific guarantees.



SPECIFICATIONS

**You may achieve more benefits in just 10 minutes...
at home... than 1 hour at the gym!**

VT-12 Specs...Just Compare!

Specifications	VT-12	Typical Competition
Speeds	70	20
Body Fat Monitor <small>(Calculates body fat, based on sex, age, height & weight)</small>	Yes	Yes
Pre-set Programs	8	0-3
Maximum User Weight	150 kg	120 kg
Motor Warranty	5 Years	1 Year
Machine Weight <small>(For stability!)</small>	48 kg	15-45 kg

Note: Prices, specifications and design are correct at the time of printing and are subject to change without notice.

Contraindications to Vibration

Whole Body Vibration is very safe, but may not be suited for some people. Please be sure to seek medical advice before using 'whole body vibration'. In particular, if you are pregnant, have a pacemaker or other implant, or have any medical condition whatsoever, please do not undertake 'whole body vibration' without the approval of your medical practitioner.

The research and studies referred to throughout this document are available in the public domain. Various models and machines on the market have been used for the purpose of conducting research.

The information in this document is for information only and is not intended to treat, diagnose, or cure any physical disease or ailment. Again, please discuss with your medical practitioner before beginning this or any exercise program.



T-Zone Flexibility Test – Try This!

Reach for your toes and see how far you can get.

Go on the machine for two or three minutes. Then reach down as far as you can go.

You will be amazed how much farther you can reach!



Technology adopted by NASA for their space program
www.t-zonevibration.com