

# VIBRA SLIM

Backed by solid science, the revolutionary technology of Whole Body Vibration is being used by professional sports teams, universities, healthcare practitioners, fitness centers and elite athletes in a variety of applications. Vibration training has also emerged as the latest trend among celebrities and their trainers.

## Benefits of Vibration Fitness

- Increase your Human Growth Hormone (HGH) output by up to 460%.
- Build bone density and fight osteoporosis.
- Boost your body's natural collagen production while decreasing the appearance of cellulite.
- Increase your basal metabolic rate.
- Reduce your back and joint pain.
- Decrease blood pressure and cortisol levels.
- Elevate your serotonin and neutrophine levels for better mood and sense of well being.
- Improve both blood circulation and lymphatic drainage.
- Decrease your recovery time after workouts
- Increase your muscle strength up to 50% in as little as three weeks!
- Dramatically increase your flexibility.
- Heighten your sense of balance and improve coordination.
- Tones and tightens skin.

## Who Uses Whole Body Vibration

### CELEBRITIES & ATHLETES

Madonna (Musician)  
 Jessica Alba  
 Prince Albert of Monaco  
 Sean "Diddy" Combs (Musician)  
 Shaquille O'Neal (Miami Heat)  
 Lance Armstrong (Cyclist)  
 Sir Anthony Hopkins (Actor)  
 Clint Eastwood (Actor)  
 Colin Montgomery (Pro Golfer)  
 Craig T. Nelson (Actor)  
 Daren Holmes (Atlanta Braves)

David Cone (NY Mets)  
 Don Johnson (Actor)  
 Eric Karros (Chicago Cubs)  
 Gwen Stefani (Musician)  
 Heidi Klum (Supermodel)  
 Ivana Trump (Socialite)  
 J.D. Drew (St. Louis Cardinals)  
 Jane Fonda (Actor)  
 Julie Andrews (Actor)  
 Karl Lagerfeld (Fashion Designer)  
 King of Saudi Arabia  
 Larry Nelson (Pro Golfer)  
 LeBron James (Cleveland Cavaliers)

### SPORTS TEAMS

Anaheim Ducks  
 Atlanta Braves  
 Blue Jays  
 Calgary Flames  
 Chicago Cubs  
 Dallas Mavericks  
 Dallas Stars  
 Kansas City Chiefs  
 Los Angeles Avengers  
 Los Angeles Dodgers  
 Los Angeles Kings  
 Los Angeles Lakers  
 Miami Dolphins  
 Miami Heat

New York Giants  
 New York Mets  
 Oakland Raiders  
 Philadelphia Flyers  
 Pittsburgh Pirates  
 San Diego Chargers  
 San Diego Padres  
 South Korea National Soccer  
 St. Louis Cardinals  
 Tampa Bay Buccaneers  
 Tennessee Titans  
 Toronto Blue Jays  
 Toronto Maple Leafs  
 US Olympic Training Center

### HEALTH & FITNESS

Aspen Longevity Anti-Aging Clinics (CO)  
 Beverly Hills Pilates  
 Biltmore Hotel (NYC, Beverly Hills)  
 Center for Spinal Diagnostics, Inc.  
 Cherry Creek Longevity (CO)

Chris Verna Training (PA)  
 DC Sports Performance (CA)  
 DeOrio Medical Group  
 HealthSouth (Nationwide)  
 Kronos Optimal Health Co.  
 Leader Sports (GA)  
 Leader Sports Medical (GA)  
 Lemond Fitness  
 Loma Linda Medical Complex (CA)  
 Marriott Hotels  
 Max Out Golf  
 NASA (Johnson Space Center)  
 National Academy of Sports Medicine  
 Olympus Group (ID)  
 Project Walk  
 Red Dragon Karate Studios (CA)  
 Spectrum Club (CA)  
 Speed Strength Systems (OH)  
 Sports Medicine Clinics (GA)

Summit Sports Training  
 Synergy Fitness & Sports (IL)  
 The Yard (CA)  
 UK Cannon's Health Club  
 UK Fitness First (400+ clubs)  
 US Golf Association

### UNIVERSITIES

USC  
 Yale  
 UCLA  
 Stanford University  
 UC Berkeley  
 Azusa-Pacific University  
 Chapman University  
 Emory University  
 Ohio State University  
 UC Davis  
 University of Houston  
 University of Louisville  
 University of Nebraska  
 University of Washington

## Madonna looks amazing thanks to £7,000 vibrating plate

-by REBECCA CAMBER, Daily Mail, UK July 2006

With her heavily muscled arms, you would be forgiven for thinking it is the result of a punishing exercise regime at the gym. But it seems the Queen of Pop's incredible shape is, in part, thanks to the vibrating platform - dubbed the 'miracle' machine.



The vibrating platform is said to be responsible for the incredible shapes of not only Madonna, but also star such as Claudia Schiffer and Natalie Imbruglia. But the "miracle" machine doesn't come cheap - at £6,995 it costs far more than the average annual gym membership.

After the muscley 47-year-old Queen of Pop bought the vibrating exercise platform, sales have reportedly soared. And in Harrods, around 20 machines are sold every weekend.

A gaggle of other celebrities and models - such as Sean 'Diddy' Combs and Heidi Klum - unofficially have been linked to it.

LOS ANGELES TIMES August 28, 2006

# VIBRASLIM

## Medical Research Reports

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Research on vibration exercise has been done for over 30 years and the research has been extensive with over 750 published medical reports as of 2010 proving the positive results from vibration (these can be found on our website). A large and growing portion of our sales are to doctors, chiropractors, therapist, clinics and hospitals. Medical professionals trust VibraSlim's expertise in vibration fitness and our quality, well designed equipment.

## How Does Vibration Work

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Vibration fitness works by the muscles natural reaction to a certain type of vibration the VibraSlim produces. This reaction creates an involuntary muscle reflex that forces your muscles to fight back against the G-forces the VibraSlim creates. Simply put Vibration replicates regular exercise, but does it in small movements and very rapidly. Your muscles react the same way as to regular exercise but as if you did ten times the workout. That is how you can get a fantastic workout in ten minutes.

## Toning & Weight-loss

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The VibraSlim will increase your muscle mass, tone your legs, reduce cellulite and speed up your metabolism. Further Vibration exercise will increase your levels of Human Growth Hormone (HGH) which is very effective at burning fat and building muscles, not to mention it's anti-ageing miracles. Muscle mass is important as it aides your weight-loss because muscles burn many more calories than fat. Increased circulation, metabolism and toxin release all aid the reduction of cellulite which are stagnant cells.

## Workout Positions

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Your workout can be done simply holding the positions (static position) or by using dynamic positions, meaning moving (such as a squat and moving up and down). Even very fragile people are able to use the machine in static positions and to pick up the level of the workout you can do dynamic movements. Our comprehensive positions manual explains and has photos showing you how to do the different positions. Many people ask if they will sweat during the workout..... the answer is yes. You may also feel a little itchy for a few minutes after your first couple of workouts due to the massive increase in circulation. This is a very positive sign telling you that the workout is already working.

## Workout Time & Frequency

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The recommended time for a single workout is ten to fifteen minutes, but no longer. Doing more will not produce better results; less is more with vibration fitness. As for frequency we recommend 3 to 7 days a week. Research has shown that following these guidelines will produce fast and effective results. It is recommended to do each position for at least 30 seconds and up to 120 seconds for legs (squats). Make sure you watch our vibration exercise videos that will really make learning fun and easy. The whole body vibration videos will walk you through each and every position and demonstrate the different foot positions and how they affect your workout.



[Visit MyVibraSlim.com](http://MyVibraSlim.com) for more information and videos

# VIBRASLIM

## History of Vibration Fitness

Whole Body Vibration (WBV) technology is supported by over 40 years of scientific research, originating with the Soviet Space Program, which paved the way for the technology to be applied in the fields of health and fitness. Russian scientists discovered that cosmonauts that spent extended amounts of time in space experienced significant loss in bone density and muscle tissue due to lack of gravity. In an effort to stop this loss, Russian researchers were led to experiment with WBV technology. They found that by using this equipment, they not only stopped the loss, but amazingly they also increased bone density and strengthened muscle tissue!

Using Whole Body Vibration technology the Russians were able to set a record of more than 420 days in outer space. The American astronauts, training on conventional fitness equipment, were forced to cease their mission after just 120 days due to bone and muscle degeneration. It wasn't until after the fall of the Iron Curtain, that WBV technology found its way to other countries. Today NASA, along with health and fitness experts across America, are fully embracing WBV technology which other countries have been using for decades with much success.

## How Does It Work?

The Vibraslim is a scientifically calibrated machine that produces intense vibrations which are adjustable from 10-50 Hz. Standing on the plate transfers vibrational energy to the entire body. These vibrations elicit strong involuntary contractions in the muscle fiber. While this may not seem exceptionally sophisticated, the manner in which the body responds to Whole Body Vibrations is truly revolutionary! As science has learned, the human body is unparalleled in its ability to adapt to various stressors and stimuli, and the amazing benefits derived from WBV are a direct result of that adaptation process.

Aside from the original intended benefit of increased bone density and muscle strength, the first advantage many users notice is dramatically increased flexibility and range of motion. The quick tensing and relaxing of muscle fiber not only aids in flexibility, but also burns fat, increases metabolism, improves circulation, provides cells with optimum oxygen and nutrient delivery and slows the degenerative process!

Imagine achieving these results with a machine that not only spared your joints but could actually benefit them! Scientists have long known that intermittent pressure helps to preserve and enhance joint function. If cartilage can be thought of as a sponge under water, synovial fluid is the water that must be constantly squeezed through this sponge to maintain its function. The Vibraslim causes rapid, systematic loading and unloading of pressure that helps keep joints well-lubricated. Additionally, the body initiates a process of neurological adaptation that leads to improved communication between the nervous system and muscle fibers, which many users report as a heightened sense of balance and coordination.



**\$1699**

*Limited time only*

# VIBRASLIM

## Whole Body Vibration Versatility

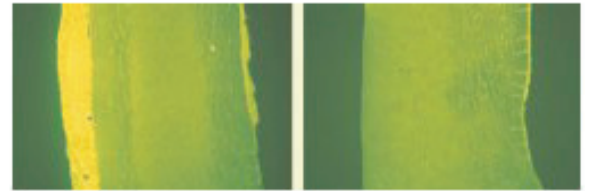
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Vibration exercise enhances physical fitness for activities of daily life. The benefits of total body stimulation opens a new frontier of health and fitness. Vibrating platforms stimulate from the feet upward, for a more effective Total Body Stimulation. The vibration plate is the most versatile device available to efficiently and effectively implement the benefits of whole body vibration (WBV) exercise technology throughout the body. This is achieved by transferring vibrations to muscle fibers, enabling them to contract and relax up to 30x a second (which is referred to as 30 htz). It activates multiple muscle groups simultaneously to improve muscle strength, power, performance, increased flexibility and range of motion.

## Fights Osteoporosis and Bone Loss

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Bone decalcification (osteoporosis) is one of the biggest health problems especially in the elderly and female population. Many elderly people break their bones more easily when they fall because of bone decalcification; the hip is the most notorious in this respect. The onset of osteoporosis is partly due to a lack of movement, which causes muscles to gradually weaken, the circulation to diminish. In addition, as a result of the aging process, the body produces female hormones such as testosterone, estrogen and growth hormone. Yet it is exactly these hormones which play such an important role in the maintenance of strong bones.



*Yellow dye highlights new growth in these sections of bones.*

The advice usually given to sufferers of this disease is to take more exercise, but that is difficult when muscles are weak, particularly in the legs. Vibration Exercise offers a good alternative to vigorous impact exercise: through vibration the muscles automatically become stronger and regain their tone. The circulation improves because the blood vessels in the legs are wide open due to the vibration. At the same time, the pulsation gives a direct stimulus to bone tissue, which in turn stimulates the production of new bone tissue. Scientific research shows that vibration training can help against osteoporosis. Recent findings show that even after only one vibration treatment, there is an increase in the hormone testosterone and growth hormone, which are so essential for strong bones.

## Builds Muscle Strength

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Increase your muscle strength up to 50% in as little as three weeks! Standing on the platform while the vibrating plate pulses through the body, causes a reflexive response in the body. Muscles expand and contract, developing physical well being, improved athletic capabilities and enhanced blood flow. Sporting injuries rehabilitate quicker using Vibration Training, regardless of medical, neurological or physical condition. It's a great alternative to strenuous exercise! Fatigue and lack of mobility are easily overcome with Vibration Exercise, ensuring a higher quality of life for everyone especially seniors.

## Eases Joint Pain

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Reduces your back and joint pain. Increase circulation to the inflicted joints, but provide traction and weight bearing exercise in a non-impact environment. Vibration Exercise activates the glands to release your natural lubricants into your joints

## Burns Fat and Cellulite

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Vibration training burns fat, tones and tightens skin while increasing your metabolic rate. Vibration training helps to develop leaner muscle tissue and improved body tone while a combination of lymphatic drainage and increased blood circulation promotes considerable fat reduction. Studies have shown that using vibration training for 10 minutes per day, three times per week, compares to and even surpasses 60 minutes of conventional training with weights in a fitness facility.



# VIBRASLIM

## Increases Hormone Levels

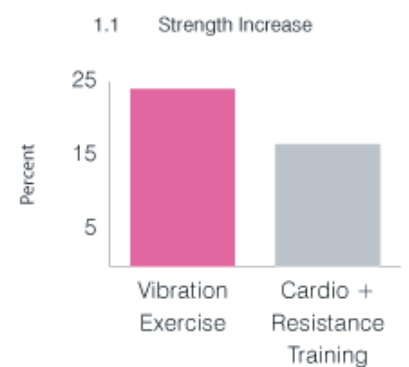
Research shows that after vibration training even after just one session, there is a high excretion of Testosterone and Growth Hormone. There is also a drop in the stress hormone cortisol. This combination has favorable effects on muscle protein synthesis and in your sense of well being.

### Effect of vibration training on Hormones:

Testosterone: + 7%      Human Growth Hormone: + 460%      Cortisol: - 32%      (Source: Bosco et al 2000)

## Fast and Effective Results

Vibration fitness has been proven to be as effective as resistance training at a gym. Research has shown Vibration Training can be an efficient alternative to conventional exercise programs to improve strength and increase fat free mass. In a study of untrained females over 24 weeks, one group undertook conventional cardiovascular and resistance training. The second group undertook vibration exercise. Both groups trained 3 times a week. The fitness group followed a standard cardiovascular and resistance-training program including dynamic leg press and leg extension exercises. The vibration group performed unloaded static and dynamic exercises on a vibration platform. A significant strength gain was recorded in the vibration group (+24%) versus the fitness group (+ 16.5%).



## Other Benefits

- Boost your body's natural collagen production while decreasing cellulite.
- Increase your basal metabolic rate.
- Decrease blood pressure and cortisol levels.
- Elevate serotonin levels for better mood and sense of well being.
- Improve both blood circulation and lymphatic drainage.
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## VibraSlim Features

1. Our solid steel construction assures a solid and quiet operation!
2. The VibraSlim is reliable - built to handle heavy commercial traffic.
3. Easy operation - simple manual controls and three automatic settings.
4. Proper vibration motion with triangular oscillating movement - other machines do not!
5. Powerful 2 horse power motor! Lots of vibration power!
6. Full frequency range 10 - 50 Hz - twenty manual settings!
7. Affordable - comparable vibration machines sell for between \$8000 and \$14,000!
8. Two year warranty!!

Visit [MyVibraSlim.com](http://MyVibraSlim.com) for more information and videos