



THE ULTIMATE 'NO WORK' WORKOUT.®

with T-Zone's Whole Body Vibration Technology
an ISO 13485 Medical Device Manufacturer



WHAT IF...

There were a machine that would work your muscles for you?

And it actually felt good, like a massage?

Plus it took a fraction of the time it would take in a gym?

10 Minutes = 1 Hour ...find out how!



HOW DOES IT WORK?

Simply put, Whole Body Vibration is about three things - creating **movement**, **reactions**, and **gravity**.

The machine itself creates movement in the body by moving up to 30 times a second. It is also designed to create reactions.

When you stand on the plate of a Vibration Machine, the plate moves in a see-saw type motion, bringing your body slightly out of balance.

Without us even being aware of it, when we are in motion our muscles are always reacting to keep us upright and balanced. This natural reaction is what's being employed with WBV. By keeping the body constantly a little out of balance, these muscles have to keep working. Every time the plate moves, your body has no choice but to respond to the challenge it is offered - rebalancing you on the plate by engaging and disengaging (contracting and relaxing) several times a second.


And the best part is, because the reactions are so quick and involuntary, it actually feels good! The sensation is more like a massage or gentle stretching - nothing like pounding through several sets at a gym.



GRAVITY

Along with creating movement, Whole Body Vibration is also about using the power of gravity, the pull that is exerted by the earth.

As the machine accelerates, it pushes up against your body and creates an extra force - known as a g-force.



Imagine you were to hold a 12-pound weight in your hand. No problem, right? Now imagine someone were to drop that weight - just by an inch or two - into your hand. You'd have to use a little more strength to keep that weight from falling. The weight hasn't changed, but it feels heavier. Now, imagine someone were to drop that weight into your hand 30 times a second! Your muscles would be working much harder than if they were just holding the weight. So while your muscles are working to keep you balanced, they actually have to stabilize a heavier load than they would if you were standing on the ground!

Your body will literally feel as though it weighs more, meaning you have to work against an increased weight or "load" than your muscles are used to.

WHAT CAN WHOLE BODY VIBRATION DO FOR YOU?

ACCELERATED WEIGHT LOSS

It's well known that muscles burn more calories than fat, meaning your metabolic rate will be increased even when standing still. Whole Body Vibration is great for stimulating those big fat burning muscles, and combining Whole Body Vibration with walking or any cardio workout and a sensible eating plan will give even faster results.

STRENGTH BUILDING

Whole Body Vibration is one of the most studied exercise methods right now, particularly in the area of explosive strength. A multitude of scientific studies have proven the superior results WBV can offer, and around the globe everyone from elite trainers to people working with the elderly or those recovering from recent injuries have come to rely on WBV for fast results.

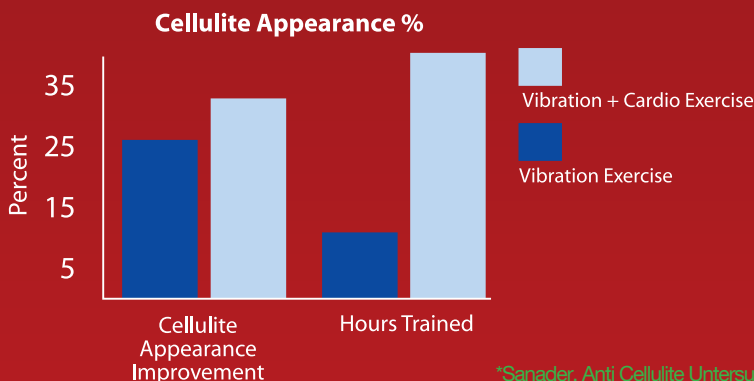
GOLF

Strength, flexibility and balance – that's what you need for a great golf game. Vibration has been particularly highlighted in the scientific community in the area of explosive strength gains. Flexibility allows for an increased range of motion - in plain terms, you can reach back farther and follow through farther, to make your swing longer. Vibration gives you the stability needed for accuracy. Use it before your game as a warm up, or during the off season to maintain strength.



BEAUTY ENHANCEMENT AND CELLULITE VISIBILITY REDUCTION

Whole Body Vibration actually helps to REDUCE cellulite visibility! Studies show a significant reduction (25.7%) of cellulite visibility with just 3 sessions a week (11 hours total over 24 weeks). Combined with cardio, that reduction is boosted to 32%!*



FLEXIBILITY

Check out the test on the back page if you're not sure! Whole Body Vibration works your muscles by gently forcing the muscle to contract and release. This lengthens the fibres of your muscles (in other words, stretches them) as the muscle lets go.

WARMING UP AND COOLING DOWN

It may normally take about 30 minutes of stretching to get your muscles and joints limber. As little as 5 minutes of Vibration may give similar results.

LOW IMPACT WORKOUTS

One of the other great features of Whole Body Vibration is that it's low impact, meaning it's easy on your joints. So whether you already have some joint issues or are just trying to avoid future problems, Whole Body Vibration is a great choice.



10 MINUTES = 1 HOUR?

Whole Body Vibration is, true to the name, a workout for your whole body. This is why we say 10 minutes of vibration is equal to a one hour workout. How can this be true? Simple! When you do a workout, you are exercising one muscle group at a time. When you do arm curls, you are not doing leg extensions or sit-ups for your abs. But when you are on a Whole Body Vibration Machine, your whole body is engaged in rebalancing, meaning all of your muscles are being worked the entire time you are on the machine. Plus your body is also working under a much greater g-force stress, which accelerates results.*

WHO CAN USE WHOLE BODY VIBRATION?

Just about everyone can and should use Whole Body Vibration. Since it is a low impact way to gain strength and flexibility, it is often used after a period of inactivity. In particular, athletes, overweight people (who experience difficulty exercising over extended periods of time), office workers with inadequate levels of physical activity, people who cannot find the time to exercise and those recovering from illness or injury stand to benefit the most.

*A 12-week study found that strength increases from an average of 10 minutes of Vibration training were similar to those seen in an hour of regular resistance training. (Medicine & Science in Sports & Exercise, 2003; 35 (6); 1033-1041)

Contraindications:

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

WHY T-ZONE VIBRATION?

In a word - service! T-Zone offers unparalleled support to help you achieve your goals. Whole Body Vibration is not just another exercise machine - there are tremendous benefits that can be gained which can't be achieved from other products. T-Zone has the staff and the expertise to keep you motivated and up-to-date.

And **check out our warranty!** It's one of the best in the business and illustrates our commitment.

WARRANTY

If your machine is purchased from an approved T-Zone dealer we will repair or replace your machine at no charge, for up to one year from the date purchased. Furthermore, we cover your motor under warranty for a period of five years and parts for two years from the date of purchase. We also have service depots across the country.

“Two weeks now and I have lost 2 1/2 inches off of my waist and hips”

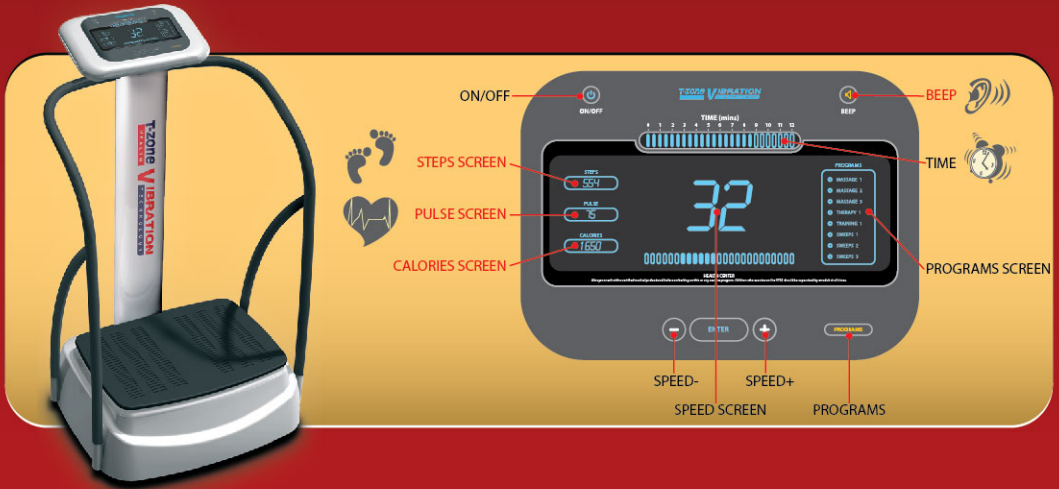
~ Lee-Ann N, Facebook Fan



VT-20 *NEW!*

Vibration Machine

Check out all the features on the revolutionary **VT-20!**



8 Preset Programs, including:

- 3 Relaxing Massage Settings (Low, Medium, High)
- Dedicated Therapy Program
- Fitness Program For People In Training

Plus As Always -

- Overload Protection
- High Performance Motor
- **FULL WARRANTY**

THREE WAYS TO TRACK YOUR PROGRESS -

- ✓ STEP COUNTER
- ✓ PULSE COUNTER
- ✓ CALORIE COUNTER

SPEED - 99 SPEEDS TO CHOOSE FROM!

BEEP ON/OFF - SILENCE THE 1-MINUTE TIMER IF IT IS UNWANTED.

SWEEPS - BEYOND MASSAGE AND MUSCLE BUILDING, EACH FREQUENCY MAY HAVE THERAPEUTIC VALUE ON ITS OWN. THESE SWEEP PROGRAMS ARE DESIGNED WITH THE HOPE OF PROVIDING THE POSSIBLE BENEFITS OF MANY FREQUENCIES.

THE MACHINE IS DESIGNED TO AUTOMATICALLY CORRECT FOR DIFFERENT USER WEIGHTS AND ELECTRICAL POWER FLUCTUATIONS SO THE PRECISE FREQUENCY IS TARGETED.

VT-15

Vibration Machine

- ✓ 70 SPEEDS
- ✓ 8 PRE-SET PROGRAMS
- ✓ ERGONOMIC DESIGN
- ✓ BUILT-IN BODY FAT MONITOR
- ✓ 3 LED SCREENS - DISPLAYS TIME, SPEED AND BODY FAT
- ✓ OVERLOAD PROTECTION
- ✓ HIGH PERFORMANCE MOTOR
- ✓ FULL WARRANTY



VT-8

Vibration Machine

- ✓ 50 SPEEDS
- ✓ 5 PRE-SET PROGRAMS
- ✓ REMOVABLE HANDLES FOR GREATER VERSATILITY
- ✓ REMOTE CONTROL INCLUDED
- ✓ OVERLOAD PROTECTION
- ✓ HIGH PERFORMANCE MOTOR
- ✓ FULL WARRANTY

Great for Portability!



FREQUENTLY ASKED QUESTIONS

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 a result of worldwide research.

Is it safe?

Yes. T-Zone Health distributes oscillating Vibration Technology, which is considered the safest form of Vibration, and we are CSA certified. 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 of the many applications of Vibration training are growing rapidly - not only in the world of health and fitness clubs, but also in the area of medical care.

If your doctor, chiropractor, specialist or physiotherapist would like to know more about WBV and its possible applications, have them contact us for more information.

Can I exercise all my muscles on a Whole Body Vibration machine?

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

Will I lose weight when training on the Vibration machine?

Yes. Training on the WBV machine has been shown to increase lean muscle mass, therefore increasing 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 Whole Body Vibration in any one session to get a benefit?

Take a look at our flexibility example on the back page! You will 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?

WBV can 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.)

Can I reduce cellulite visibility through Vibration Training?

Yes! Studies have shown that cellulite visibility can be significantly reduced through Whole Body Vibration by reducing undesirable swelling in those areas of the body affected by cellulite. Note: Being properly hydrated will help this process.

What are massage positions used for?

Massage on a WBV machine stimulates your body considerably, which can be seen by the slight redness on the skin and felt by an itchy tingly, warm sensation. Massage significantly contributes to combating cellulite visibility.

Will Vibration training improve my flexibility?

Yes, one of the first things you will 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 will give a greater increase in flexibility. An extra bonus is that your muscles are stretched in the same positions as in everyday movements.

See the back page to find out for yourself!

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.

What type of vibration do you use?

T-Zone Vibration uses oscillating vibration, which is the most natural vibrating movement and has the widest range of benefits. People find this type of machine most comfortable and it makes sense that muscles are activated alternately as they would be in walking.

Join The Discussion On The World's Most Innovative Health & Fitness Technology!

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T-Zone Flexibility Test - Try This!

Stand on the machine with your arms out to the side. Turn from the hips as far as you can to the right and then the left.

Now turn the machine on and stand for 2 or 3 minutes, then try rotating again.

You will be amazed how much farther you can reach!



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