

# VIBRA SLIM

Backed by solid science, the revolutionary technology of Whole Body Vibration is being used by professional sports teams, universities, fitness 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

Vibration exercise enhances physical fitness for activities of daily life. The benefits of total body stimulation opens a new frontier of exercise and fitness. Vibrating platforms stimulate from the feet upward, for a more effective Total Body Workout. The vibration plate used efficiently and effectively, implements 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 hzt). It activates multiple muscle groups simultaneously to train muscle fitness. Vibration Exercise offers a good alternative to vigorous impact exercise: such as running for those that are not suited to such exercise or are adverse to these programs.

## 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)

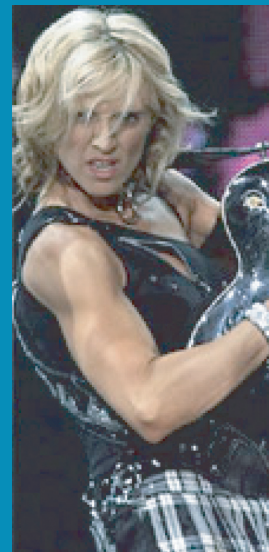
Summit Sports Training  
 Synergy Fitness & Sports (IL)  
 The Yard (CA)  
 UK Cannon's Health Club  
 UK Fitness First (400+ clubs)  
 US Golf Association

### 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

## How Does Vibration Work

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Vibration fitness works by the muscles natural reaction to the oscillating motion the VibraSlim produces. This reaction creates the muscles reflex that forces your muscles to fight back against the G-forces. Simply put Vibration is like regular exercise, but does it in small movements, very rapidly and in conjunction with gravity. Without gravity vibration would have little effect. And that is how you can get your workout done in ten minutes.

## 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. 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. 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.

## 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 reports as of 2010 providing results from vibration (these can be found on the Internet). A large and growing portion of our sales are to fitness trainers, gyms and sports teams. Professionals trust VibraSlim's expertise in vibration fitness, our quality and well designed equipment.



[Visit VibraSlim.eu](http://VibraSlim.eu) for more information and videos

# VIBRASLIM

## Why VibraSlim

VibraSlim has been the leader in vibration exercise machines since 2004. We have been educating America on a large scale about vibration fitness longer than just about anybody. Our mandate to only producing a top quality but affordable product has made us number one in the industry. Our Knowledge and expertise has enabled us to make huge advances in vibration equipment design and performance.

Our years of experience have also produced the best educational videos in the industry, which have been praised by leading fitness experts, professional athletes and some of the worlds top trainers.

The large investments we have put into research and development have enabled us to stay out in front, leading the pack, and promoting health and fitness worldwide. We are so confident in our product, we give it a two year overall warranty and a lifetime motor warranty!



- \* Solid Steel construction (not plastic like others) provides a solid and quiet operation!
- \* The VibraSlim is very Compact - the base measures 24 x 28 inches, it will fit anywhere.
- \* Easy operation - simple manual controls and three automatic vibrating fitness settings.
- \* Proper vibration motion with tri-angular oscillating movement - some machines do not!
- \* Powerful 2 horse power motor! 17 different manual Vibration settings, up to 30 Hz.
- \* Affordable - comparable vibrating machines sell for between \$3000 and \$14,000!
- \* Lifetime Motor Warranty and Two Year Overall Warranty!



**\$1699**

*Limited time only*

Visit [VibraSlim.eu](http://VibraSlim.eu) for more information and videos