WHOLE BODY VIBRATION DEVICES
STIMULATE THE BODY'S NATURAL RESPONSE TO VIBRATION

- Increased Muscle Flexibility, Reflex Speed, Strength
- Reduced Soreness, Faster Recovery
- Improved Range of Motion
- Help in the Fight against Cellulite
- Part of your Program to Increase Bone Density

Whole Body Vibration, or WBV, is the hottest innovation in health and fitness. WBV equipment is being used in top international medical facilities and elite training operations for professional sports and Olympic teams.

Sports professionals and elite athletes value acceleration training, for that extra speed of response making muscle action fast, explosive, as well as strong. A WBV device generates vibrations in the plate base or platform that go directly to the body. Research shows the WBV is effective acceleration training because it repeatedly produces an automatic "stretch reflex" in the muscles.
WHOLE BODY VIBRATION: TECHNOLOGY THAT IS TRULY SPACE-AGE

Whole Body Vibration originated with Soviet scientists finding a cure for muscle atrophy and loss of bone density for Russian cosmonauts returning from the Zero-Gravity of space. Similarly, Russians applied the WBV technology to rehabilitate injured athletes.

Refined in Russia, Europe, and taking elite US sports and entertainment celebrities by storm, Whole Body Vibration has tended to remain both exclusive and expensive. For years, only stars, sports and Olympic teams, or medical institutes could boast a WBV unit, which would usually cost $10,000 or more.

Seattle Seahawks quarterback Matt Hasselbeck credits such a device with helping him lose 17 pounds in a program of controlled diet and training (Sports Illustrated, August 13, 2007).

Affordable At Last - At a fraction of the cost, the “Power Fit” series is powered to deliver whole body vibrations, with an action and range of speed similar to the advanced Power Plate devices which are priced at from $2,500 to $10,600 U.S. (You can find a great deal of information on the Power Plate website, including suggested use and a full array of research literature on benefits.)

The smaller units focus more action on the feet and lower legs (or point of contact) and tend to produce higher-speed vibrations.

How WBV Works:

Whole Body Vibration induces vibrations in your whole body with frequencies from 20 Hz up to around 50 Hz (20 - 50 movements each second). All the muscles affected respond with a stretch reflex, that is, they contract and relax automatically. Of course it varies from person to person, but frequencies of around 30 Hz and up cause intense muscle contractions. It means real results, but no discomfort. Lower frequencies mainly relax and refresh the body.

Look at the full range of powered devices with the latest technology for applying vibration from the feet and lower legs up or simply change position to apply them to other areas of the body—to benefit circulation, for muscle and nervous system toning, to stimulate reflex muscle actions, enhance bone density. For a better range of motion, core conditioning and stability, a great adjunct to a weight loss program, or simply for relaxation and stress reduction.
**COMPARISONS ARE...**

Comparisons are fair, as long as you have all the facts. In the competitive market for vibration plate devices that has opened up since we introduced the affordable Power Fit series, you sometimes find distorted and negative statements about more moderately priced equipment, add to that the difficulty of comparing features offered by different models, and a buyer can begin to feel the pressure of making the right choice.

- With over 20 years selling health care products, ib3health.com is a pioneer of on-line marketing of products like vibration plate massagers,
- We made our reputation standing by all the products we sell,
- Unlike most on-line vendors, we back up our products, not just with guarantees and warranties, but a staff of experienced professionals to give after-sales support,

We strongly suggest you take these factors into account in any comparisons you make. We definitely stock whole body vibration equipment located in the mid range of price, because we believe that most of our customers will use equipment at home or in moderate rotation at smaller spas and salons. Nevertheless we offer a good range of choices.

As a general guide, here are the factors that cluster together on the scale of price and quality of vibration plate devices, from lowest ... to highest:

- price
- number of control options
- home use options ... to commercial use options
- certifications
- length of warranty

Our devices tend to follow this scale too, but the foundation for all of them is the solidity and reliability of the company selling them, ib3health.com. We only sell what we know to be good products.

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**DELUXE MODELS:**

**POWER FIT Heavy Duty Multi-Speed Fitness Unit**

**USD $799.00 / CAD $799.00**

- **HOME USE ONLY, 67” High x 28” Width, Heavy Duty Circular Motion and Vibration Massager**
- **Multi-Speed (1–30), 3 Auto Programs**
- **Control timer: 0-20 minutes**
- **Rhythmic Massage of the body centered on the core muscle group: abdomen, thighs, lower back**

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**HULA-LA Massage Belt**

- **Multi-Speed Dual Spiral Vibration Slimming Belt**
- **Stylish and Heavy Duty**
- **Can be used on the wide line, neck, shoulder, arm, hip, thigh and calf areas,**

More Details
POWER FIT Robust Multi-Speed Fitness Unit
USD $499.00 / CAD $499.00
- 48.5" High x 27" Width, Ultra Circular Motion and Vibrating Massager
- Body Fat Test, Control timer, 3 Auto Programs, Multi-Speed (1-20).
- Rhythmic Massage of the body centered on the core muscle group - abdomen, thighs, lower back

POWER FIT Middleweight Round with Remote Control
USD $229.00 / CAD $229.00 and UP
- Ultra Circular Motion and Vibrating Massager
- Multi-Speed (1-20), Hold Bar (Optional)
- Control timer: 0-20 level, 3 Auto Programs
- Rhythmic Massage of the body centered on the core muscle group - abdomen, thighs, lower back

MOST INEXPENSIVE MODEL:
POWER FIT Bantamweight Vibration Massager
USD $199.95 / CAD $199.95
- Standing Design, Strong Construction
- 5 speed vibration body massager and exerciser with massage foot plate.
- Quiet, durable and safe unit.

OTHER BODY VIBRATION DEVICES:
Rapid Lightweight Body Vibration Device
USD $300.00 / CAD $375.00
- Standing Design, Strong Construction
- Multi-Speed (Able to achieve a top vibration speed of 7200 rpm), Body Massage + Foot Massage
- Body toning, athletic enhancement and body slimming

MAMBO Body Massager JS113
- Multi-Speed Hand Held Body Slim Massager
- Stylish and Heavy Duty
- Can be used on the waistline, neck, shoulder, arm, hip, thigh and calf areas

SALSA Infrared Body Massager JS112
- Multi-Speed Infrared Heating Body Slim Massager
- Stylish and Heavy Duty
- Can be used on the waistline, neck, shoulder, arm, hip, thigh and calf areas

MASSAGE THROUGHOUT HISTORY
Since pre-history, everywhere in the world that human beings have settled, massage has been important in caregiving and medicine
**RAPID FEATHERWEIGHT BODY VIBRATION DEVICE**

**USD $246.00 / CAD $309.00**

- Standing Design, Strong Construction
- Multi-Speed (Able to achieve a top vibration speed of 7200 rpm.), Body Massage + Foot Massage
- Body toning, athletic enhancement and body slimming

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<tr>
<th>Product</th>
<th>Power Fit Heavy Duty</th>
<th>Power Fit Robust</th>
<th>Power Fit Middle-weight</th>
<th>Power Fit Welter-weight</th>
<th>Power Fit Bantam-weight</th>
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**PART OF YOUR PROGRAM**

Over time, a regimen of de-stressing, regular activity, and attention to health and good circulation, with proper eating and adequate rest, can help you appear dramatically younger in age, remove unwanted pounds, reveal the slim and vital person you are meant to be.

**THE EFFECTIVENESS OF WHOLE BODY VIBRATION**

- Gentle on Joints, Low Impact Training
- Compact, Convenient, In-home, In-office
- Accelerates Weight Loss
- Improves Muscle Strength by Stimulating Reflexes
- Improves Stability
- Enhances Rehabilitation
- Reduces Look of Cellulite
- Stress Reduction
- Wellness, Boosts Metabolism
- Increase in Bone Density
- Range of Motion, Core Conditioning
- Promotes Healthy Neurometabolism
- More Flexibility, including Ligaments and Tendons
- Improves Range of Motion
- Cardio Effects, Work on the Muscles
- Relaxation
- Circulation; Improves Lymphatic Drainage
- Reduces Varicose Veins - Decreased Pressure via Lymph Drainage