

# VIBRATION PLATE THERAPY



## 3D THERAPEUTIC VIBRATIONS



### FOR IMMEDIATE, BLISSFUL PAIN RELIEF

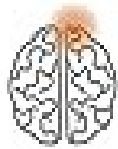
Whether you're fighting lower back pain, aching knees, or arthritic joints, stepping on The Turbo vibration plate will give you immediate and noticeable relief. Much like rubbing a bumped shin or shaking an injured finger, the exercise machine stimulates your nerves, blocking out pain, relieving built-up tension and soothing your joints as your brain focuses on motion, not pain.

### TIME SAVING AND COST EFFECTIVE

- ▶ Are you looking to get in great shape but intimidated about expensive gyms?
- ▶ Do you have nagging injuries and health concerns and want to get back to feeling like yourself again?
  - ⊗ Get in a FAST, effective, low-impact workout!! 10 minutes is like an hour of working out!
  - ⊗ Highly efficient and activates muscle fibers throughout the body
  - ⊗ Promotes full body wellness increasing strength, bone density, balance
  - ⊗ 3D vibrations decrease stress and increase energy
  - ⊗ Great for people dealing with arthritis and osteoporosis

# VIBRATION PLATE THERAPY

## LYMPHATIC DRAINAGE & FULL-BODY WELLNESS



DECREASE  
STRESS



INCREASE CORE  
STRENGTH



RELIEVE JOINT  
AND BACK PAIN



IMPROVE  
CIRCULATION



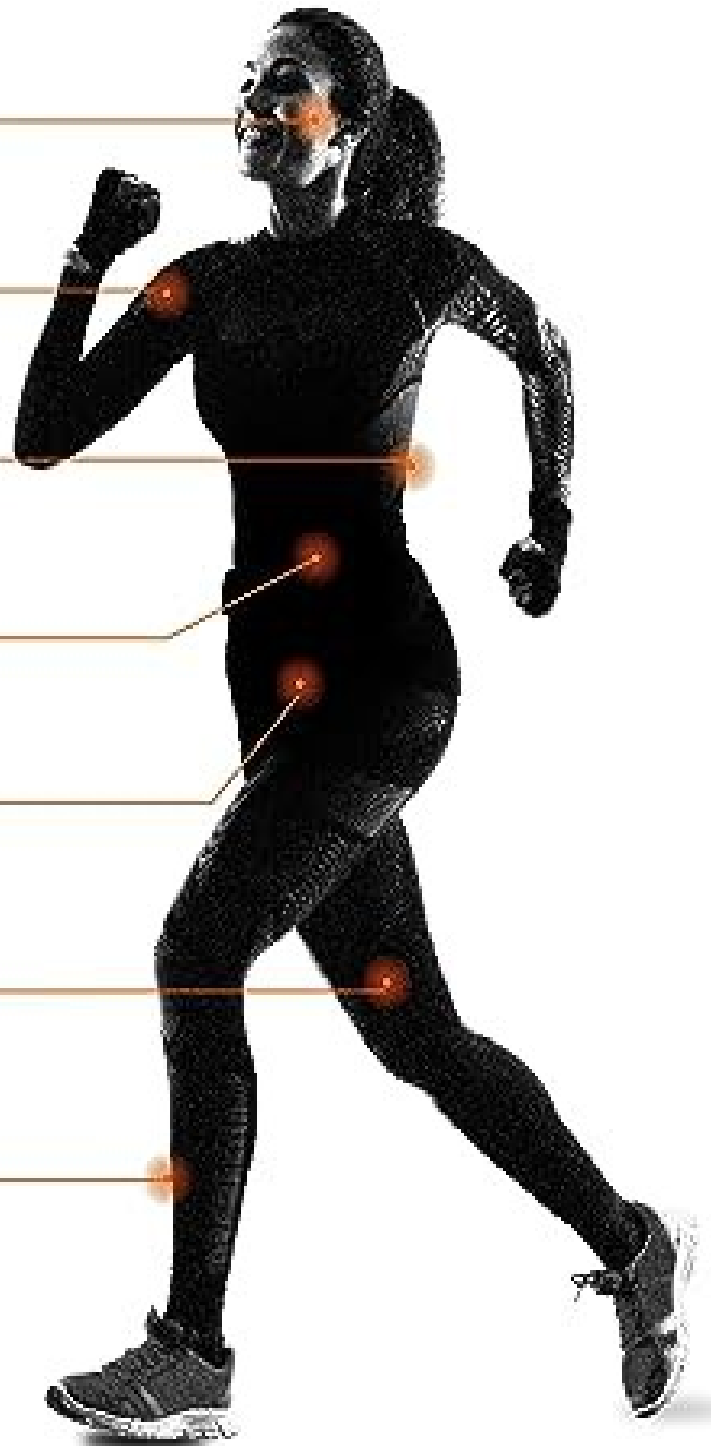
BOOST  
METABOLISM



DEVELOP  
STRONGER  
BONES



GAIN  
MOBILITY AND  
FLEXIBILITY



# VIBRATION PLATE THERAPY

## How Does This Whole Body Vibration Plate Work?

The platform creates a repetitive motion using 3D vibration and oscillation that activates **all** of your muscle fibers. For you it means feeling great—FAST!

## What does that mean for you? What else can it help with?

- ⊗ Promotes faster metabolism for rapid fat loss
- ⊗ Increase Serotonin and Decrease Cortisol
- ⊗ Improved Overall Circulation
- ⊗ Lower High Blood Pressure
- ⊗ Develop Strength
- ⊗ Improve Flexibility and Stability
- ⊗ Increase Bone Density
- ⊗ Relief from Back Pain and Muscle/Joint Aches
- ⊗ Great for people with Osteoporosis and Arthritis
- ⊗ Endless Workout Options!

