

VIBRATION TRAINING

Orthometrix, Inc.
877-249-4229
www.vibraflex.com

VibraFlex 500

When training on the VibraFlex 500 at 30Hz, the user's muscles contract and relax 30 times per second while sustaining resistance equal to 25 times his or her body weight. This causes the body to fatigue. Short rest periods allow the body to recover. Repeating this



process allows the body to adapt to a higher level of training while improving athletic performance.

Product Benefits: VibraFlex develops explosive power; increases blood flow; raises testosterone and growth hormone levels; lowers cortisol level; minimizes stress on joints, ligaments, and tendons; reduces lower-back pain; stimulates the neuromuscular system; improves muscle power, strength, and tone; improves postural reflexes, balance, coordination, and mobility; and increases overall muscle performance, flexibility, and range of motion.

Circle No. 500

Power-Plate
877-87-PLATE
www.powerplate.com

Next Generation Power-Plate

Power-Plate is the world's leading provider of accelerated training through advanced vibration technology. This cutting-edge technology has quickly emerged as one of the most sought-after training modalities among top athletes and strength and conditioning coaches, who are using the Power-Plate to provide a competitive edge on the field or court.



Product Benefits: The Power-Plate increases explosive strength, core strength, flexibility, and range of motion; improves overall energy and stamina; boosts the production of key performance hormones; reduces joint and back pain; and aids recovery after athletic injury.

Circle No. 501

Sonic Health Systems, Inc.
714-544-0200
www.sonichealthsystems.com

TurboSonic Professional

Through low-frequency, sound-actuated TurboSonic exercise, athletes can

improve strength, endurance, stability, and flexibility without the constraints of conventional exercise. TurboSonic is a popular choice with athletic trainers and rehabilitation centers looking for the very best. It offers the same effects of regular aerobic exercise while minimizing stress on the body. No special on-plate exercises are necessary.



Product Benefits: TurboSonic's low frequencies stimulate fast-twitch muscle fibers to produce greater strength gains and faster recoveries. TurboSonic also improves muscle endurance by stimulating the production of growth hormone; accelerates blood circulation and lymphatic drainage; improves intestinal function; reduces body fat; and enhances connective tissue.

Circle No. 502

StimTrainer, Inc.
www.stimtrainer.com

STSport™

The STSport portable vibration device is compact, battery-operated, and worn on the neck to train for increased speed, strength, balance, skill, and flexibility. This patent-pending unit pro-

Company	Orthometrix, Inc.	Power Plate North America, LLC	Sonic Health Systems, Inc.	StimTrainer, Inc.	VersaClimber	WAVE Manufacturing, Inc.
Unit	VibraFlex 500	Next Generation Power Plate	TurboSonic Professional	STSport™	Exervibe	WAVE
Frequency	0-30Hz	30-50Hz, intervals of 1Hz	3-50Hz	6-143Hz, blended	30Hz	20-50Hz
Amplitude Range	0-6.9mm	2-6mm, 2 settings: 2-4mm, 4-6mm	.14-14mm	5G, declining	3-4mm	2-4mm
Vibration Pattern	Teeter-Totter motion	Sinusoidal Vertical	Vertical	3-D, non-loading pattern	Sinusoidal	Vertical
Controls/Presets	Four pre-set frequencies, or set manually; three pre-set durations, or set manually	Four pre-set frequencies; three pre-set durations	Seven pre-set modes, or set manually; 0-2,400w variable intensity	Three modes, two intensity settings	Four different settings, or set manually	Touch-screen with self-calibrating plate
Max User Weight	400 pounds	352 pounds (440 with AIRdaptive technology)	484 pounds	Unlimited	350 pounds	1,450 pounds
Platform Size	32" x 28" x 7"	32" x 42"	27" x 34"	N/A (worn on body)	43" x 46"	36" x 30"
Unit Height	3' 8"	5'	4' 9"	N/A (worn on body)	5' 5"	5' 5"
Unit Weight	126 pounds	336 pounds	286 pounds	9.2 ounces	135 pounds	375 pounds