

LOSING WEIGHT?

**RESEARCH PROVES...
50% FASTER
WITH VIBRATION!^**



**Medical
Device Class 1**

**INCLUDED ON
Australian Register
of Therapeutic
Goods**

*All details
inside.*

CardioTech®

^University research shows that when exercising with Vibration Training you can lose weight 50% faster than with cardio exercise alone. Published in Obesity Facts, 2010: "Effect of Long-Term Whole Body Vibration Training on Visceral Adipose Tissue: A Preliminary Report"

IT'S ALL ABOUT THE STUDY

LOSE WEIGHT 50% FASTER[^]
THAN CARDIO... it's true!



Conclusion

Over 12 months, the group exercising with Vibration had a 50% faster weight loss than the group doing cardio exercise - plus even more lost in stubborn and dangerous visceral fat surrounding their stomach organs!

Why choose Vibration over other exercise...?

It's the most exciting development in the health/wellness industry ever!

- ✓ A highly effective method of weight loss for obesity - the epidemic of our time
- ✓ Easy to do and easy to incorporate into your life
- ✓ The machine does the hard work for you!
- ✓ Tone and strengthen as you lose weight
- ✓ Fast workout time... because you get fast muscle contractions
- ✓ Feels good, unlike other circulation machines that rely on mini electric shocks
- ✓ It's safe for the vast majority - you don't move a muscle and you can't damage joints!
- ✓ Works on complete body health including bone density, lymphatic drainage, cellulite etc.



10 MINS = 1 HOUR OF GYM*
DEFINED BY THE INTERNATIONAL
VIBRATION TRAINING REGULATING BODY.

[^]University research shows that when exercising with Vibration Training combined with a calorie controlled diet you can lose weight 50% faster than with cardio exercise alone. Published in Obesity Facts, 2010: "Effect of Long-Term Whole Body Vibration Training on Visceral Adipose Tissue: A Preliminary Report"

*Based on time spent to achieve equal weight resistance benefit.

CLINICAL STUDIES PROVE BENEFITS

Here's a small snapshot – none funded by commercial interests:

Weight Loss / Metabolism

(University of Antwerp, Belgium, May 2009)

Study: Vibration plate machines may aid weight loss and trim abdominal fat.

Conclusion: Over 12 months, the group exercising with Vibration had a 50% faster weight loss than the group doing cardio exercise, particularly the visceral fat surrounding their stomach organs.

Cellulite

(SANADERM Professional Clinic for Skin Disease and Allergology, Bad Mergentheim, Germany, May-Nov 2004)

Study: Whole Body Vibration and reduction of cellulite

Conclusion: Women reported a 25.7% improvement in cellulite over 6 months using WBV 3 times a week for 10 minutes. The results were noticeable even after just 10 sessions.

Strength

(International Journal of Medicine, January 2004)

Study: Effects of 24 weeks of Whole Body Vibration training on body composition and muscle strength in untrained females.

Conclusion: The gain in strength using Vibration is comparable to the gain in strength using cardio and resistance training, however at a fraction of the time as a traditional workout.

Bone Mineral Density

(BMC Musculoskeletal Disorders, November 2006)

Study: Low-frequency vibratory exercise reduces the risk of bone fracture more than walking: A randomized controlled trial.

Conclusion: Vibration may be more effective than walking to reduce two major causes of bone fractures and the chance of osteoporosis.

Balance and Fall Prevention

(Archives of Physical Medicine & Rehabilitation, Feb 2005)

Study: Controlled Whole Body Vibrations to decrease fall risk and improve health related quality of life of nursing home residents.

Conclusion: In just 6 weeks of using WBV, 3 times a week, the balance of elderly people (aged between 79 -84) was improved up to 77%.

Flexibility and Mobility

(Archives of Physical Medicine & Rehabilitation, Jul 2020)

Study: Effects of Whole Body Vibration training on the physical function of the frail elderly: An open, randomized controlled trial.

Conclusion: 16 weeks of low-level WBV exercise can provide improved levels of mobility for the frail elderly, with benefits lasting up to 12 months.

Circulation

(University of Dundee, Nov 2015)

Study: Good Vibrations. The use of Whole Body Vibration in rehabilitation.

Conclusion: WBV can generate a 50-100% increase in peripheral circulation just by standing on the plate and a 40% increase in lymphatic drainage.

Pain

(Journal of Rehabilitation Medicine, Jul 2011)

Study: Effects of Whole Body Vibration therapy on main outcome measures for chronic non-specific low back pain: A single-blind randomized controlled trial.

Conclusion: WBV at frequencies below 20 Hz can activate those 'key' stabilising muscles at your body's core to reduce lower back pain.

Arthritis

(Annals of Rehabilitation Medicine, Aug 2013)

Study: Therapeutic effect of Whole Body Vibration on chronic knee osteoarthritis.

Conclusion: In comparison with the home based exercise program, WBV was superior in pain reduction and was equally effective in strengthening the quadriceps muscle and improving balance improvement.

Anxiety and Depression

(Journal of Education and Training Studies, Jan 2019)

Study: Effect of Whole Body Vibration training on depression level.

Conclusion: WBV can significantly improve depression after training 3 times a week over just 12 weeks.

VIBRATION WORKS!

390
CLINICAL STUDIES
on WHOLE BODY
VIBRATION*

ON HAND



WHY CHOOSE CARDIOTECH?

- ✓ Australia's leading experts in vibration for over 10 years
- ✓ The world's largest vibration company - CardioTech partners with sister company in Canada
- ✓ Made to work, made to last - the highest specifications in the Industry, according to IVTRB standards (International Vibration Training Regulatory Body)
- ✓ Fast turnaround - service backed by factory trained technicians and a network of service agents throughout Australia
- ✓ Our warranty has teeth! We're the only company to offer in-home service and a guarantee you'll never be without a machine!
- ✓ We're affordable and offer finance solutions!

AUSTRALIA'S VIBRATION EXPERTS
FOR OVER 10 YEARS

CardioTech®

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