

A REVOLUTION IN VIBRATION TRAINING!

- + Stunning Australian design
Now You Can Access All Critical Positions!
- + The ultimate professional sized platform
- + Treat your body to deep tissue massage
- + Touch control... intuitive & engaging
- + Corporate quality... exceptional warranty

CV9 INCLUDES...

**WORLD LEADING STRENGTH
& TONING PROGRAM!**

**10 MINS = 1 HOUR
OF GYM***

DEFINED BY THE INTERNATIONAL
VIBRATION TRAINING REGULATING BODY.

**BONUS
DEEP TISSUE
MASSAGE
MAT!**

CardioTech **CV9**

www.cardiotech.com.au

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



HOW VIBRATION WORKS

When you stand on the **CV9** Vibration Platform it produces vertical vibrations from a side-alternating rocking movement.

The energy is safely and effectively transferred to your body, stimulating your muscles.



What could be better?... Increase your metabolism in just 10 minutes, 3 times a week, over 6 weeks!

Bonner Physical Therapy, 2003

THE EXPERTS AGREE!

“ For me and my trainers it's so very important that we use only those tools and concepts that have undergone extensive independent research. As a result, we now utilize Vibration Training with virtually all our members because of the significant benefits we've seen and measured.

DUNCAN MAXWELL
20 years experience in the health and fitness industry
Co-owner and MD of The Energy Clinic Adelaide



Duncan Maxwell

**WBV BACKED BY
WORLDWIDE
RESEARCH**

STRENGTH AND TONE IN JUST 10 MINUTE WORKOUTS!

Your 10 minute Vibration workout can equal an hour in the gym – here's why...

Our body reacts to the vibration with an involuntary muscle contraction. Depending on the speed, muscles will contract up to 22 times per second and as the acceleration forces increase, your body will feel as if it weighs more. This clever technology means you can work against a far greater gravity force (known as G-Force), in every movement you perform that can lead to exciting fast tracked strength and toning results! That's less stress on joints, ligaments and tendons when compared to regular resistance training. It's so easy... and your workouts will fly!

BURN CALORIES... FAST TRACK YOUR EXERCISE PROGRAM!

It's a fact. Vibration Training may help you build more lean muscle quicker than traditional resistance exercise. This increased lean muscle has the potential to boost your resting metabolic rate (RMR) so you burn more calories – even at rest! The result... fast track to a leaner you.

The **CV9** has achieved results for a wide range of objectives for all ages and body types.

GOT CELLULITE? SHAKE IT!

Research shows that with just 3 sessions a week (12 hours total over 24 weeks) cellulite on your thighs and buttocks may be reduced! (Sanaderm Anti Cellulite Untersuchung, 2003). Add some cardio exercise to that and you could accelerate your results!

DECADES OF WORLDWIDE RESEARCH!

Worldwide research highlights the physiological benefits unique to Whole Body Vibration (WBV). These studies show astounding results for improved fitness in a fraction of the time, compared to conventional exercise. Professional sport teams have adopted WBV to develop explosive strength. Health Spas are offering clients personalised sessions for massage and relaxation and Personal Trainers are using it exclusively for the ultimate whole body strength and toning workout.

LOOKING GOOD & OUT-PERFORMING!

SPORTING EXCELLENCE

On your **CV9**, you may improve power and performance. Professional sporting teams worldwide have adopted this technology to develop explosive strength.

DE-STRESS... FEEL AWESOME!

Now you can get that head space any time of the day... feel rejuvenated in minutes... ready to take on the world again!

EVEN IMPROVE YOUR GOLF SWING!

Optimum fitness... strength... flexibility... range of motion and balance... that's the difference between a great golfer and a backyard hacker! For golf, Whole Body Vibration has been recognised as a very effective training device. What sets it apart is your potential to achieve a dramatic increase in core muscle strength, particularly the abdominal obliques – so important to competition. Plus, when used to warm up, Vibration Training may help you to avoid strains and injuries – common in the game and because it's also low impact, it's kind to your joints!



TESTIMONIALS

“ I lost 9kgs and dropped a dress size and I am much stronger and fitter than I've ever been!

SUE P
SUNSHINE BEACH

“ I love Vibration Training! I have lost 25kgs... I don't like to exercise but this is achievable for me. I look the best I have ever looked and feel confident within myself for the first time ever!

ANNI D
NOOSAVILLE

“ My time is precious and so is my health! Three times a week provides me a great workout and I have become fitter & healthier with substantially more energy. Combining Vibration Training with a healthy diet I have lost 16kg off my weight!

SHAE W
DOONAN

“ I was never able to get my body back after giving birth to my last baby, until I discovered Vibration. It is the best thing for me... it's quick and it's effective... I love it!

STACEY H
SYDNEY

FEEL UNSTOPPABLE.
Oh Yeah!

FEEL VITALITY RETURNING!

Simply set your speed... feel the energy awakening your every cell and reap the benefits!

- + Feel stronger faster – work ALL muscles at once!
- + Activate those 'key' stabilising muscles at your body's core!
- + Enjoy life to the full!

“ Just wanted to say thank you mate. I got delivery of the new **CV9** today, gee it is beautiful. The motion of it is just so nice. The new one is really smooth and the vibrations go so deep and far better than other models - I just wanted you to know that I got it and it is great! Congrats to your team.

STEVE LOCKHART
MASSAGE THERAPIST

REVOLUTIONARY DESIGN.

AUSTRALIAN INNOVATION



+ SUPERSIZED PLATFORM – 72% LARGER!

This large spacious professional sized platform has been designed for maximum comfort and support with the length and depth to achieve wide squats and a huge range of seated and lower body positions (especially back massage positions) - awkward or impossible on other machines. In fact, the **CV9** platform is 72% larger than it's leading competitor!*



+ NO OBSTRUCTIONS! EASY ACCESS TO VITAL POSITIONS...

The **CV9** is the only Vibration machine with this corner post design. The difference... you have optimum access from all 4 sides of the platform, rarely found on Vibration machines. Enjoy more lower body and seated positions, superb for yoga, massage and stretches! Perfect for core stabilising muscles.



+ SWIFT-TOUCH CONTROL

This intuitive and engaging display guides you through the **CV9**'s programs prompting your selections and input of vital info... simply... quickly... at a touch.



+ TREAT YOUR BODY TO DEEP TISSUE MASSAGE!

This mat is custom designed by a leading Massage Therapist, Steve Lockhart and uniquely crafted to gently relieve pressure within sore muscles... just like a deep tissue massage!

+ ONGOING EMAIL SUPPORT SERVICE

Get the most from your **CV9**! We'll help you achieve your goals and meet your personal Vibration Training needs with our team of experts!

Have it all!

8 7 6 5 4 3 2 1

+ COUNTDOWN BEEPER

Just relax, with an 8 second countdown before each pose you'll never struggle with getting into position while the platform is moving.

+ REMOTE CONTROL

Seamless control over every position at your fingertips.

+ RESISTANCE STRAPS

Adaptable to all heights and strengths so your body's resistance can be used to its maximum advantage.

+ BODY FAT CALCULATOR

Keep an eye on your body fat percentage so you can adjust your training and fast track your fitness goals!

+ HAND PULSE

For your health, for your fitness... the **CV9** will keep you informed of your vital stats.



SIMPLY STUNNING!

+ HI-GLOSS BLACK

Style... sophistication... a masterpiece in any home. Truly impressive!

+ BLUE BACKLIT LCD DISPLAY

The vibrant blue backlit display emits a radiant glow for better visibility in any light – even no light! So sleek and über modern... and it really delivers!



CORPORATE QUALITY. *Only the best!*

- ✓ More power, more reliability. An optimum heavy duty 400W DC capacity! Means you have power to burn without it costing you a fortune.
- ✓ A massive Vibration platform! For all body types and extensive massage options
- ✓ Designed in Australia!
- ✓ Includes the internationally proven Toning and Strength Program endorsed by the International Vibration Training Regulating Body – takes just 10 minutes!
- ✓ Easy to follow, step-by-step Exercise Poster for semi-commercial or home use
- ✓ Precision high tensile steel frame for exceptional energy transfer
- ✓ 3mm thick deck for extra strength
- ✓ 180kg user weight... a sign of excellent workmanship
- ✓ Parts always in stock... guaranteed!
- ✓ Anti jamming, anti static and current overload protection
- ✓ Anti slip molded platform surface for added grip
- ✓ Rear wheels for easy moving
- ✓ Strong stabilising feet (as opposed to spring loaded that can negatively channel vibration)
- ✓ High tensile stainless steel bearings
- ✓ Comprehensive user guide

*Based on 2012 competitor survey.

SMART. INNOVATIVE. STUNNING.

TRULY BEAUTIFUL WITH
HEALTH CLUB FEATURES
& BENEFITS!

*How's this
for Inspiration!*

+4 GOAL ORIENTED PROGRAMS!

Select from 4 programs, each one designed at the optimum frequency range to meet personal goals for balance and relaxation; toning and strength; advanced training and intense massage.

The first three programs give you the ability to set your exercise time, duration for your pose and rest intervals. Finally... a workout that's truly all about you!

+3 CUSTOMISED USER PROGRAMS!

That's right, it's your design! Be creative and program your ultimate personal challenge.

+1 MANUAL PROGRAM!

Freedom to adapt your frequency and exercise time as you go.



THE MAGIC NUMBER IS 22HZ

We've set the CV9's hertz range from 6-22. Here's why...

Members of the International Vibration Training Regulating Body (IVTRB) all agree that for peak strength and toning results you shouldn't be operating a pivotal Vibration Machine above 22hz.

That's because 22hz is the 'sweet spot' – you're engaging your muscles at the optimum speed and transfer of energy to achieve your goals fast without unnecessary stress on muscles or working beyond your body's capacity to hold poses with precision and accuracy. In fact, only advanced users will be able to workout at this intensity.

If you are told otherwise, just ask how long that company have been in the commercial Vibration industry... members of the IVTRB have been active in product development and commercial testing since the industry's inception in 2003.

A WORLD CLASS PROGRAM

**EXCLUSIVE...
THE ONE PROGRAM
USED BY LEADING
INTERNATIONAL STUDIOS!**

*Designed for Max
Results in Just 10 Minutes!*

USED BY:

- ✓ THE WORLD'S MOST SUCCESSFUL VIBRATION STUDIOS
- ✓ INDUSTRY HEAVYWEIGHTS
- ✓ MODELS & CELEBRITIES
- ✓ ATHLETES
- ✓ PERSONAL TRAINERS
- ✓ MUMS AND DADS

DESIGNED BY LEADING INTERNATIONAL EXPERT – LLOYD SHAW

For the best toning and strength results we recommend the CV9 '10 Minute Toning and Strength Program'. This Program has been commercially tested and proven over many years, in studios around the world, to achieve optimum results.

No need to deviate. In fact, varying the program (even the order of the postures) could reduce the quality of training. You'll love it... a short, sweet, results driven workout you can do in a coffee break! You receive this program FREE when you purchase your very own CV9!

IT'S AS EASY AS...



TONE UPPER ARMS... AND EXTEND YOUR WARDROBE!

Triceps Dip – The arms... one of the first places we look to judge tone and strength.

TIGHTEN THOSE BUNS!

Wide Stance Squat – Works your Quads, Hamstrings and Glutes to help improve tone.



ATTACK CELLULITE

Outer Thigh & Buttock Massage.

WALK TALL, FEEL STRONGER! FOR TIGHT TUMMY MUSCLES AND A STRONG BACK

Pelvic Stability – Works on strengthening your Abs and lower back. Great for core strength.



FOR KILLER LEGS! GET READY TO STRUT!

Basic Squat - Works on developing your Quads.



THE CV9. THE ULTIMATE MASSAGE MACHINE.

If you've never been massaged on a Vibration machine – you haven't lived! The **CV9**'s revolutionary design provides you with extra massage positions and comes with a specially designed deep tissue massage mat.

BUILD A STRONG CORE

With strong core muscles, you develop better posture and have a greater chance to reduce back pain. Whole Body Vibration can activate those 'key' stabilising muscles at your body's core.

MASSAGE AWAY ACHES AND TENSION

We all know how awesome deep tissue massage makes us feel – it relieves those tight sore muscles.

Massage is so easy and beneficial, and is so simple on the **CV9**. It's because the **CV9** is the only Vibration machine to have a corner post you have access to far more positions than ever before.



REVOLUTIONARY DEEP TISSUE MASSAGE PROGRAMS

DESIGNED FOR CARDIOTECH BY LEADING MASSAGE THERAPIST, STEVE LOCKHART.

Steve is no ordinary therapist. Creator of SLM Bodywork, Steve's unique combination of acupressure and massage is based largely on an ancient art from the East.

Steve has worked with CardioTech Vibration now for 3 years and is a strong advocate for Vibration. Now, you too can experience the power of massage with Steve's custom designed **CV9** Vibration Program. Place your Deep Tissue Massage Mat on the platform and follow Steve's easy steps!



THE DEEP TISSUE MASSAGE PROGRAM INCLUDES POSITIONS FOR:

LOWER BACK AND SPINE



QUADRICEPS



SHOULDERS



KNEES



TIRED FEET



TIGHT CALF MUSCLES



PLUS... WE OFFER AN ONGOING EMAIL SUPPORT SERVICE TO HELP YOU GET THE MOST FROM YOUR MACHINE!

THE DEEP TISSUE MASSAGE MAT IS DESIGNED TO:

- ✓ Give intense stimulation of muscles
- ✓ Promote more muscle reaction
- ✓ Help release muscle contractions

FREQUENTLY ASKED QUESTIONS

WHAT YOU NEED TO KNOW

IS WHOLE BODY VIBRATION (WBV) TRAINING CREDIBLE?

The Russians moved Vibration Technology forward in leaps and bounds during the Space Race period. It was used to counter the significant muscle loss experienced by Astronauts during their missions which was causing the rapid decline of their bone density. Since before the fall of the Berlin Wall they also used the technology to strengthen their athletes. Today it is recognised by fitness professionals worldwide for achieving excellent toning and strength results from short workout sessions and is widely used in gyms, by sporting teams and Personal Trainers.

HOW DOES VIBRATION WORK?

The **CV9** Vibration Platform produces vertical vibrations from a side-altering rocking movement which simulates walking. Our body reacts to this natural stimulus with an involuntary muscle contraction. Depending on the speed, muscles will contract up to 22 times per second and as the acceleration forces increase, your body works against a far greater influence or “load” of gravity in every movement you perform - this is called G-Force!

THE CLAIMS OF BENEFITS ACHIEVED FROM VIBRATION ARE QUITE EXTENSIVE. CAN THIS REALLY BE TRUE THAT YOU CAN ACHIEVE SUCH WIDE AND VARIED BENEFITS?

Yes. This is because the claims made are all as a result of research from over 30 universities worldwide.

IS IT SAFE?

Yes. The **CV9** is safe for most people, although, like all new exercise programs it's important to consult your doctor first and discuss the contraindications should they apply to you. From the physically fit to the sedentary, almost everyone can enjoy the benefits of this home-use machine.

CAN I EXERCISE ALL MY MUSCLES ON THE CV9?

Yes. The vibration does not discriminate between different muscle groups, e.g. quadriceps and hamstrings. They both work together on the **CV9**. The vibration is highest in the body part that is closest to the platform and will lessen as it travels up the body.

CAN I LOSE WEIGHT WHEN TRAINING ON THE CV9?

Training on the **CV9** has been shown to increase lean muscle mass, therefore increase metabolism. This means you can potentially burn more calories while exercising. However, it is recommended for optimum weight loss that you combine Vibration Training with a cardio workout.

HOW LONG SHOULD I USE THE CV9 IN ANY ONE SESSION TO GET A BENEFIT?

You will notice benefits almost straight away – often after 1 minute you will feel change. A full strength and toning session should take approximately 10 minutes, plus any rest time. Our recommended workout can be used as a stand-alone program or in conjunction with cardio training.

COULD A VIBRATION WORKOUT REPLACE MY ENTIRE FITNESS PROGRAM?

The **CV9** may increase isometric (still) and isotonic (moving) muscle strength; increase flexibility and mobility; improve coordination and core stability. It really depends on your personal aims. For instance, if your objective is weight loss, we would recommend combining Vibration Training with cardiovascular exercise (i.e. a treadmill).

IS THERE A TRAINING SCHEDULE?

It's a good idea to begin gradually using the **CV9** (in 3 to 10 minute sessions). Because the initial training phase occurs on a neurological level (as it also does with conventional training), it is necessary to become accustomed to this new form of exercise to receive the full effects. Your condition will determine when you begin to see the results – normally between 2 to 6 weeks.

CAN I REDUCE CELLULITE THROUGH VIBRATION TRAINING?

Studies have shown that cellulite may be significantly reduced through Whole Body Vibration.

WHAT ARE MASSAGE POSITIONS USED FOR?

Massage on the **CV9** may enhance circulation considerably, which can be seen by the slight redness on the skin and felt by a tingly, warm sensation.



CAN THE CV9 IMPROVE MY FLEXIBILITY?

Yes, one of the first things you may notice is that your body is becoming more flexible and your range of motion is increasing. Research has shown that stretch positions with Vibration may give a greater increase in flexibility.

DO I NEED TO DO DIFFICULT EXERCISES TO GAIN ANY BENEFIT?

No, all the exercises we recommend are functional positions to benefit your overall fitness and strength. Some people just like to stand on the platform. Others perform squats, lunges, push-ups, even golf shots! Your choice of exercise positions will depend on your needs. For strength and toning we recommend the 10 Minute Toning and Strength Program provided to you on purchase of your machine.

HOW DO I GET A STRETCHING BENEFIT FROM THE CV9?

The **CV9** may give you a significant increase in muscle length just from standing on the platform. It is advisable to hold a regular muscle stretch position to increase the stretching effect.

I DON'T FEEL ANYTHING EITHER DURING OR AFTER 'STRENGTH EXERCISES' ON THE CV9. AM I PERFORMING THEM INCORRECTLY?

To maximise your overall benefits you will need to increase the intensity of your exercise in the ways described previously. However, it is important to never over-train and you should not continue in an exercise position if you do not have the strength to hold your posture and form correctly.

SHOULD I ALTERNATE MUSCLE GROUPS WHEN I AM EXERCISING ON THE CV9?

It is entirely up to you. However, it is sensible to alternate between upper body, lower body and abdominal exercises to allow each group a rest in between.

IS IT NORMAL TO EXPERIENCE ITCHING DURING AND AFTER TRAINING?

Yes. Itching may occur while using the **CV9**. This is due to the large increase in circulation caused while training – this is completely normal.

SHOULD I AVOID USING VIBRATION WITH BARE FEET?

To ensure correct transfer of vibrations to the body, there should be as little friction as possible between your body and the Vibration Platform. This is easily achieved while wearing flexible-soled shoes (while these do not have to be training shoes, they are recommended). However, if you would like to train barefoot or perform exercises where other parts of the body are in contact with the machine we suggest using a rubber mat or towel for added comfort.

HOW LONG WILL THE TRAINING EFFECTS OF VIBRATION LAST AFTER I STOP USING IT?

The effects of training on the **CV9** would diminish with time. This is the same as with any type of training. If any muscle tissue in the body is not being used, the body will begin to break it down. The rate of this decline is dependent on many individual factors.

WILL I SWEAT DURING THE VIBRATION WORKOUT?

Yes. Any exercise or physical effort performed to cause a training effect will cause an increase in body temperature and metabolism. This in turn will cause you to perspire so you will sweat during your Vibration workout.

THE CARDIOTECH CV9. STUNNING.

OTHER VIBRATION MACHINES SIMPLY DON'T OFFER THE SUPERIOR QUALITY, FEATURES OR SERVICE. THE CV9 SPECS ARE TESTED AND ENDORSED BY THE INTERNATIONAL VIBRATION TRAINING REGULATING BODY AND ARE TYPICAL OF STUDIO MACHINES.

The **CV9** is designed for safety, comfort and optimum results for the vast majority of users.

PERFORMANCE SPECIFICATIONS:

Motor:	High Torque
Motor Size:	400 W DC (1.5HP)
Platform Surface:	L67cm x W53cm (72% larger than leading competitor!)*
Frequency Range:	6-22hz (22hz is the magic number for optimum strength and toning results. You don't need more than this according to the International Vibration Training Regulatory Body. Safety is and always will be our main concern at CardioTech)
Display:	Blue Backlit LCD Touch Control
Body Fat Calculator:	Calculates body fat based on gender, age, weight and height
4 Goal Oriented Programs:	These include: Balance/Relax; Toning/Strength; Advance Training; and Intense Massage (also... includes Manual)
3 User Programs:	For a customised workout – allows you to set your own program and record it
Vibration Type:	Pivotal (see-saw motion to simulate walking)
Handle Bars:	Easy grip front mounted

QUALITY & MANUFACTURING SPECIFICATIONS:

User Weight Limit:	180kg
Warranty:	5 years on motor; 3 years on parts and 1 year on labour
Machine Weight:	51.5kg
Frame:	Internal steel frame with high gloss plastic casing
Assembled:	140.5 x 137cm
Base Height (Step Up):	25.7cm
Footprint:	L76cm x W75.5cm
Retail Price:	\$2995

WITHOUT A STRATEGY & A TIMETABLE, OUR DREAMS BECOME JUST THAT... DREAMS.

*Based on 2012 competitor survey.

CardioTech
www.cardiotech.com.au

CardioTech® Australia

info@cardiotech.com.au | T: 1300 13 55 96
www.cardiotech.com.au | F: 1300 73 69 64

Brisbane Head Office & Warehouse
4/231 Holt Street, Eagle Farm QLD 4009

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