Get Strong. Get Healthy!

10 MINUTES CAN GIVE YOU THE BENEFIT OF AN HOUR IN THE GYM

GET YOUR BODY BACK!

"Using T-Zone Vibration I’ve increased my strength by 29%... I’m impressed!"

Guy Leech - 7 Time Winner Uncle Toby’s Iron Man Championship and Winner World Iron Man

T-Zone VIBRATION TECHNOLOGY BY CardioTech

The VT-12 User’s Manual
www.getvibratin.com.au
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PREFACE

This manual outlines the operating instructions and service requirements of the VT-12. Please read your manual carefully and note the Safety Guide before assembling and undertaking exercise.

How Vibration Technology Works

When you stand on the VT-12 Vibration Platform it produces vertical vibrations from a side alternating rocking movement which simulates walking. The energy is safely and effectively transferred to your body, stimulating every cell - your muscles, your bones and your soft tissue.

Our body reacts to this natural stimulus with an involuntary reflex muscle contraction. Depending on the speed, muscles will contract up to 15 times per second and as the acceleration forces increase, your body will feel as though it "weighs" more. This clever technology means you can work against a far greater influence or "load" of gravity in every movement you perform. That's less stress on the joints, ligaments and tendons when compared to regular resistance training.

The result ... more benefits in far less time than conventional exercise. And, unlike other fitness or health machines, the VT-12 is particularly unique because it achieves results for a wide range of objectives for all ages and body types.
**Benefits of Vibration**

Worldwide research highlights the physiological and neuromuscular benefits unique to Whole Body Vibration (WBV). These studies show astounding results for improved fitness and health in a fraction of the time, compared to conventional exercise. The technology is being accepted by major medical, rehabilitation and therapeutic centres in Europe, the USA, Canada and Australia. Professional sport teams have adopted WBV to develop explosive strength and for rehabilitation. 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.

**Whole Body Vibration has shown, through extensive worldwide research, to have far reaching health benefits...**

**For your Muscles...**

With WBV you may expect similar strength gains to conventional resistance/gym training in a fraction of the time. Scientific studies have proven these rapid strength gains. A 10 minute Vibration workout can give similar benefits to a 1 hour gym session!

**For Accelerated Weight Loss...**

The way we look, feel and function all relies on strong muscles. Even at rest our muscles burn calories at a rate based on our metabolism. The more lean muscle mass we have - the more calories we burn! Vibration Training can give a sluggish metabolism just the boost it needs ... up to an 18% increase from 10 minute sessions, just 3 times a week over 6 weeks. (Bonner Physical Therapy, 2003). So even when relaxing you may burn considerably more calories with Vibration Training! Combined with a cardio workout, you have the complete package – firming and toning and optimum weight loss! (also refer to “Firming and Toning” to follow)

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**For Firming & Toning...**

Lost a lot of weight? Then you'll know how difficult it is to maintain muscle tone. The fact is... weight loss does not discriminate between fat and muscle. So if you lose 10 lbs/kg of fat you may lose 1 lb/kg of muscle - and lean muscle is very hard to replace. The only way to preserve muscle is through resistance exercise. And with WBV this may be accomplished far more efficiently than conventional weight training in the gym.

**For Beauty...**

What woman wouldn’t appreciate a beauty treatment 3-5 times a week! Using the VT-12 may improve circulation, carry vital oxygen to your cells and tissues, assist in flushing toxins, while increasing your production of collagen. This may result in firmer, smoother skin, with a significant reduction in cellulite!

Research shows that with just 3 sessions a week (11 hours total over 24 weeks) it’s possible to reduce cellulite on your thighs and buttocks by a massive 25.7%! (Sanadern, Anti Cellulite Untersuchung, 2003)

And when you combine Vibration Training with cardio exercise it’s been shown that a cellulite reduction of 32% can be achieved. Just see these results!

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*It's a fact...*

“I can already see a difference in my legs and stomach after just 2 weeks... everything is much firmer.”

Elle Macpherson
Benefits of Vibration (cont’d)

For Bones...

Strong bones are what keep us young! Extensive studies show that after 39 years of age, women have a rate of bone loss double the rate of men! Post-menopausal women are most affected, so this is serious stuff. Resistance training, i.e., what we’re told to do at the gym or at home with resistance bands and weights, shows no benefit to improving bone density. But the exciting news is that WBV can provide excellent results and with little effort. This is according to the ground-breaking study reported in the Journal of Bone and Mineral Research in 2006.

Vibration was born in the early days of space travel – when Astronauts are in space for extended periods significant loss of bone density is experienced. Vibration counter this by maintaining or increasing bone density.

“If you happen to trip and break your femur, or thighbone while you’re up on Mars, that’s quite a long way to the nearest hospital!”

ABC Premium News Oct 7, 2006

For Anti-Ageing...

Gentle Vibration Exercise may prevent age-related muscle loss, increase flexibility and range of motion. It may also stimulate the production of collagen, creating tighter, more beautiful skin. It’s all possible!

The fact that scientific research has shown Vibration Exercise may help fight Osteoporosis is exciting (refer to “For Bones” above). So for older generations this could well be the most important discovery in decades.

For Circulation...

Increased blood circulation is a notable benefit of Vibration, even at low speeds. As a result, your cells receive more oxygen and nourishment. The body also develops better lymphatic drainage to improve our overall health and immunity. It does this by taking away waste products and moving white blood cells to where they are needed. White blood cells are like the ‘cavalry’ of the body – removing debris from broken down cells and attacking invading agents, such as poisons and bacteria.

For Massage...

More than just an exercise and rehabilitation machine, the VT-12 offers the luxury of whole body massage and relaxation. Massage also benefits overall health and has been shown to improve physical performance, prevent and eliminate injuries, reduce stress, improve circulation and assist in flushing toxins!

For Feeling Good...

Just relax … the VT-12 may reduce the effects of stress by decreasing cortisol levels (the ‘stress hormone’). And with WBV you get that natural high! After every workout it’s true … In fact it’s a chemical reaction! As a result of the vibrations our bodies may increase their secretion of serotonin, the ‘feel good’ neurotransmitter. You’ll get that overall feeling of youth and energy. You may also have the benefits of improving mental stimulation and concentration.

For Back Pain...

When you’re on your feet all day or just sitting at a desk, back pain can be debilitating and affect millions! The VT-12’s side alternating platform can activate those ‘key’ stabilising muscles at the body’s core – when weak they’re the trigger for back problems. Strong core muscles mean we develop a better posture to promote spinal health and keep us free from back pain. Because vibration increases circulation to the problem areas, you no longer have the need to do special exercises that may be painful and cause discomfort (those exercises that are normally associated with strengthening weak core muscles).

A study by Manchester Metropolitan University showed that WBV can reduce chronic lower back pain by 70% in just 3 months.

For Rehabilitation...

WBV may prevent injuries, but just as important, it can help in the rehabilitation process. Many professional sports teams, physiotherapists and chiropractors have found WBV to be an invaluable tool – having an ability to strengthen muscles without the usual strain on joints and ligaments.

The process of rehabilitation involves an increase in blood flow causing a dramatic spike in Human Growth Hormone (HGH) – the key to the repair and regeneration of soft tissue. While improved circulation also helps to drain fluid build-up in injured tissue, vibration can stimulate a combined release of hormones and natural chemicals to suppress pain.

Used for rehab, this really is a wonder therapy.

For Die Hard Golfers...

(and other sports people)

Flexibility and strength … it’s what every golfer must possess to achieve greatness! The VT-12 delivers these benefits. As it stimulates muscles, you may experience a dramatic increase in explosive strength, motor learning, muscular endurance and overall agility.

“If sports people had Vibration Training before performing … delayed onset muscle soreness would be prevented or controlled.”

(British Journal of Sports Medicine)
SAFETY GUIDE

Before using your VT-12 please be sure to read the following instructions.

1. Plug the power cord directly into your power outlet.
2. The machine must be kept on level ground.
3. Do not use with wet hands or near water.
4. Do not move the machine if the power is on.
5. Turn the power off at the base when not in use.
6. Do not use this machine within one hour of meals.
7. Do not use this machine for more than 10 minutes per session, unless following an appropriate program.
8. If you have limited mobility or other medical conditions please use the VT-12 under supervision.
9. The VT-12 is designed for home and indoor use.

NOTE

10. Children should only use the VT-12 under adult supervision and after consulting a physician.
11. Do not use the VT-12 if you have a pacemaker, an implant, are pregnant or have an existing medical condition. Please consult your physician first. More information on contraindications is listed on page 25.
12. If you feel any distress or soreness abandon your exercise immediately.
13. Should your VT-12 malfunction, disconnect it from your power source and call our service number, listed on page 10. Do not attempt any repairs yourself.

VT-12 FEATURES

- Ergonomic design
- Three LED screens - displays time, speed and body fat
- Eight pre-set massage programs
- Built-in Body Fat Monitor
- 70 speed adjustments, appropriate for different fitness levels, including strength exercises and massage
- Max user weight 150 KG
- Overload protection
- Stable direct-current motor
- 5kg high performance motor

ASSEMBLY

Packaging
Retain all packing material as you unpack your VT-12 until you are certain you have all components.

Components
The VT-12 components include the Vibration unit, post, console, Users Manual, handlebars, tool kit and power cord.
Assembly Instructions

Important: Only tighten all the screws and bolts completely after assembly is finished. This will make it easier to assemble.

1. Remove all packaging.
2. Disconnect the cable from the base.
3. At the top of the post, insert the cable through the small hole in the middle so it protrudes out both ends.
4. Reconnect the cable to the base.
5. Affix the post to the base with the 4 screws, using the spanner provided.
6. Unscrew the 8 screws on both sides of the base; (4 on the left and 4 on the right).
7. Insert the 4 vertical handles into the small uprights on the base and affix with the 8 screws you have just removed. Only finger tighten them for now.
8. Connect upper and lower arms together and slide onto base.
9. Fix both curved handles to the top of the post with the 2 hex head bolts. Make sure the cable is still protruding from the top of the post.
10. Attach the 3 cables from the under side of the console to the 2 from the curved handles and the 1 from the centre of the post.
11. Remove the screws from the under side of the console and attach to the top of the post. As you attach to the post, feed the cable down the centre of the post so you don’t pinch the wires when you tighten the screws.
12. To use the Body Fat Monitor function, remove the protective plastic from the sensors on the handles.
13. Tighten all screws and bolts.
14. Connect the plug to the power outlet (1) and press the red switch (2) on the back of the base to turn on the machine. If the VT-12 trips the overload, press the red button (3) to reset. The VT-12 will then be ready to start.
Troubleshooting

<table>
<thead>
<tr>
<th>Item</th>
<th>Failure</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Noise while operating</td>
<td>Check the four adjustable feet and ensure the machine is level; check and tighten any loose parts</td>
</tr>
<tr>
<td>2</td>
<td>No screen display</td>
<td>Ensure the machine is plugged in and turned on</td>
</tr>
<tr>
<td>3</td>
<td>Power on but VT-12 will not start</td>
<td>Push the ON button and select SPEED - No connection to console</td>
</tr>
<tr>
<td>4</td>
<td>VT-12 trips the power overload</td>
<td>Press the small round red button on the back of the base to reset</td>
</tr>
<tr>
<td>5</td>
<td>Fat checker does not function</td>
<td>Remove plastic sheet covering</td>
</tr>
</tbody>
</table>

Service and Maintenance

Careful maintenance not only helps you stay safe but extends the life of your machine. **Please follow these basic guidelines:**

- Check and retighten screws when required
- Keep away from exposed areas and excessive heat
- Clean the machine with a soft cloth after use
- Switch off the VT-12 when not in use

For service, call:

**Australia:** 1300 135 596

*Please refer to the back cover of this booklet for further information on your warranty.*
Operation

Button and Console Description

- **Off/On**: Press to start or stop the machine.
- **Program/Body Fat Screen**: Displays the Program Mode or Body Fat Value.
- **Speed**: Displays the speed of the Vibration Platform.
- **Time**: Displays the exercise time remaining on the machine.

Operating Instructions

1. Press the ‘On’ button to power the machine.
2. To operate in the Manual Mode press the “Time” button then use the + or − speed buttons to select the number of minutes. (Although 1 minute is the minimum timeframe, we recommend changing your position after 30 seconds unless following a specified program). Press ‘On’ to confirm your time selection. The speed can then be adjusted by pressing the + or − speed buttons once the timer has started.
3. Press the “Program/Body Fat” button if you want to shift from the Manual Mode to Automatic Mode (including the 8 pre-set massage programs P1 - P8) or the Body Fat Monitor Mode (BM1). The screen will display P1-P8-P1-P2-P3-P4 etc. in sequence: 88 represents the Manual Mode and “1” represents Body Fat Monitor Mode.
4. Press the “Program/Body Fat” button continually until the screen displays your selection.
5. P1, P2, P3, P4, P5, P6, P7, and P8 are pre-set programs so the speed cannot be modified.
6. In the Body Fat Monitor Mode if you press the “Time” button you can input your personal details using the + and − speed buttons.
7. You must select your gender first, “1” is male and “2” is female.
8. Next set your age by pressing the “Time” button. The default is 20 years.
9. Now set your height in metres using the “Time” button. The default is 170cm.
10. Finally, set your weight in kilograms, also using the “Time” button. The default is 70kg.
11. When you complete all settings push the “Time” button again and the screen will now display “—”. Hold both “Body Fat Sensors” with your hands and the screen will display your Body Fat Value.

Body Fat Value Reference

<table>
<thead>
<tr>
<th>Sex</th>
<th>Underweight</th>
<th>Normal</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>&lt;17</td>
<td>17-27</td>
<td>&gt;27</td>
</tr>
<tr>
<td>Male</td>
<td>&lt;14</td>
<td>14-23</td>
<td>&gt;23</td>
</tr>
</tbody>
</table>

Pre-Set Massage Programs

These programs are for massage of individual limbs, which means you should not stand or place your whole body weight on the machine at this speed! Your program is designed to change every minute, as indicated in the table below.

**CAUTION:** These programs run for 10 minutes and are intended for more advanced users. When you commence using Vibration we do not recommend spending more than 5 minutes total to massage all limbs, as you should build your session time up gradually. This is important as your body needs time to become conditioned to Vibration.

<table>
<thead>
<tr>
<th>SPEED</th>
<th>P1</th>
<th>P2</th>
<th>P3</th>
<th>P4</th>
<th>P5</th>
<th>P6</th>
<th>P7</th>
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<td>5</td>
<td>2</td>
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<td>55</td>
<td>70</td>
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</tbody>
</table>

EXERCISE GUIDE

**TIPS:**
1. Before you start, decide which exercises you are going to do from this Exercise Guide.
2. In the standing pose, ensure your feet are wide enough apart for stability and that you maintain good posture.
3. The VT-12 should not be used for longer than 10 minutes per session unless following a specified program.

Initial Use

If you are using a Vibration machine for the first time you might like to feel the vibration with one foot prior to stepping onto the Vibration Platform.
Exercise Guide (cont’d)

Choosing the Right Speed

The following speeds are a recommendation only and would depend on your state of health and physical condition. To enable good balance, your feet should be equally distanced from the centre axis.

Between 1-14:

Ideal for bone and muscle strengthening, balance control and abdominal exercises. It is also good for recovery of muscles after injury and relieving back pain. Start at a speed from the lower end of this range until you feel comfortable and can maintain your position at a higher speed.

Between 15 -35:

At these speeds your muscles don’t get the chance to completely relax between contractions so your intensity is greater and you’re optimizing your workout to gain maximum muscle strength. To work effectively at these speeds you need to be physically strong and healthy – it’s not for everyone and could take up to 3 months of training until you reach this level.

Mid to Higher Speeds:

High speeds are only suited to massage and relaxation positions. They’re not meant for general exercise and are effective when you are resting just part of your body on the Vibration Platform i.e. one leg, or one arm.

Intensity

To increase the intensity of your workout we suggest you:
1. Extend the time of each position by progressively increasing from 30 to 45 to 60 seconds (as instructed in our programs)
2. Perform exercise dynamically i.e. with movement
3. Increase the speed (within the recommended limits of our programs)
4. Incorporate unilateral movement (i.e. perform exercises on one leg, etc.)
5. Increase amplitude by moving your feet further apart

For Strength:

Start at 30 seconds for each position; up to 10 minutes total exercise time per session; 3 times per week (alternate with a day’s rest).

For Massage:

Start at 30 seconds for each position; up to 10 minutes total exercise time per session; 3-5 times per week.

Rest

New users should start off gradually and may need to rest by stepping off the VT-12 for 30-60 seconds between strength exercises.

Strength Exercises

Major Benefits: May slim, tone and increase your metabolism as you build strength! Also good for building bone density!

- Deep Squat: For quads
- One-Leg Squat: For quads, glutes & hamstrings
- Ring Adductors (feet wide): For quads
- Push-Up: For shoulders & triceps
- Ring Adductor (feet closed): For quads
- One-Leg Dips: For quads, glutes & hamstrings
- Lounge: For quads, glutes & hamstrings
- Reverse Push-Up: For shoulders & triceps
- Triceps Dip: For triceps
- Ring Chest Press: For shoulders
- Triceps Push-Up: For triceps & chest
- Sleeper Curl: For biceps
- Seated Abdominals: For abdomen
- Standing Abdominals: For abdomen
- V-Sit: For abdomen
- Seated Forward Stretch: For hamstrings, glutes & lower back
- Seated Stretch: For flanks & lower back
- Gluteal Stretch: For glutes
- Inner Hip Stretch: For hamstrings, glutes & lower back
- Pectoral Stretch: For chest & shoulders
- Piriformis Stretch: For buttocks
- Quad Stretch: For quadriceps, knees & lower extremities
- Standing Hip Stretch: For abdominals
- Lower Back Extension: For hamstrings, glutes & lower back
- Pelvic Bridge: For glutes & hamstrings
- Seated Forward Stretch: For hamstrings, glutes & lower back
- Seated Stretch: For flanks & lower back
- Gluteal Stretch: For glutes
- Inner Hip Stretch: For hamstrings, glutes & lower back
- Pectoral Stretch: For chest & shoulders
- Piriformis Stretch: For buttocks
- Quad Stretch: For quadriceps, knees & lower extremities
- Standing Hip Stretch: For abdominals
- Lower Back Extension: For hamstrings, glutes & lower back
- Pelvic Bridge: For glutes & hamstrings

Duration

It is not recommended to use the VT-12 for more than 10 minutes per session (unless following our specified programs) or more than one session per day. A combination of strength and stretching exercises and massage positions may be incorporated into your single session. Importantly, any single position should be limited to a maximum of 60 seconds.
Exercise Guide (cont’d)

**Circulation Positions**

**Major Benefits:**
Even at low speeds you may build bone density and improve your whole body circulation!

**Standing:**
For whole body (legs, waist, stomach, inner thighs)

**Notes:**
Stand up, keep your back straight, keep shoulders relaxed.

**Time:**
Sec. 16 - Speed: 1 - 7 - Movement: Static

**Notes:**
- Keep slow and controlled movement

**Program Beginner**

**Calves (Warm-up)**

- Calf Stretch
- Standing Stretches

**Notes:**
- Stand on toes, don’t pull

**Time:**
Sec. 16 - Speed: 1 - 7 - Movement: Static

**Notes:**
- Upper & Abdomen:
  - Stretch back, pullers down
  - Pull abs back, keeping shoulders back together

**Wide Squat (Strength)**

- Wide Squat:
- Feet wide, turned slightly out

**Notes:**
- No deeper than 90-degree knee bend

**Time:**
Sec. 16 - Speed: 1 - 7 - Movement: Static

**Notes:**
- Ab Plank (Strength):
  - Ab Plank:
  - Abs and lower back

**Deep Squat (Strength)**

- Deep Squat:
- Feet flat, bend knees

**Notes:**
- No deeper than 90-degree knee bend

**Time:**
Sec. 16 - Speed: 1 - 7 - Movement: Static

**Notes:**
- Legs (Massage):
  - Leg Massage:
  - For calves

**Notes:**
- Calf Massage:
  - Back Relax:

**Use a Fit Ball!**

**Notes:**
- Ab Crunch:
  - For abdominals

**Notes:**
- Back Relax:
  - Stretch for back & calves

**Notes:**
- Calves (Massage):
  - For calves

**Notes:**
- Big Benefits:
  - For relaxation, boosting circulation and reducing cellulite! Also may help to build bone density!

**Quad Massage**

**Upper Arm Massage**

**Abductor Massage**: For top inner thigh

**IMPORTANT:**
If you cannot maintain the correct position do not continue the exercise, as your muscles could be fatigued.

Please consult your physician before undertaking any exercise program and address any contraindications before using your VT-12. If you feel any discomfort you should stop exercising immediately and consult your doctor.

**NOTE:** You may wish to place a towel over the platform for added comfort. Please ensure that it does not overlap the platform as this may cause an obstruction to the vibration platform.

**Steve Lockhart, Author of "The Bad Back Book" and Expert Back Pain Therapist...**

“I have been successfully treating people with chronic pain for 20 years and if there is one really important thing I have learnt in that time it is that the key component of good health is circulation. This applies to both the muscles and the body in general and it is also critical in the healing process. I have found that Whole Body Vibration is one of the best ways a person can improve their circulation and then maintain it as their body ages.”

Steve Lockhart, Lane Cove, Sydney
Creator of SLM Bodywork

**Static**
- No Movement
**Dynamic**
- Movement, through the range of motion
## Exercise Guide (cont’d)

### Program Intermediate

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Notes</th>
<th>Time</th>
<th>Video</th>
<th>Movement</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calf Rais (Warm-up)</td>
<td>- Calf raised straight</td>
<td>60</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
</tr>
<tr>
<td>Standing Row (Strength)</td>
<td>- Upper &amp; Middle back</td>
<td>45</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
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<tr>
<td>Wide Squat (Strength)</td>
<td>- Front, back, knee</td>
<td>30</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
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<tr>
<td>Deep Squat (Strength)</td>
<td>- Front, back, knee</td>
<td>45</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
</tr>
<tr>
<td>Ring Adductor (Strength)</td>
<td>- Outer, inner, knee</td>
<td>45</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
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<tr>
<td>Lunge (Strength)</td>
<td>- Outer, inner, knee</td>
<td>45</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
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<tr>
<td>Tripod Dip (Strength)</td>
<td>- Outer, inner, knee</td>
<td>30</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
</tr>
<tr>
<td>Push-Up (Strength)</td>
<td>- Outer, inner, knee</td>
<td>60</td>
<td>1-7</td>
<td>Movement: Static</td>
<td></td>
</tr>
<tr>
<td>Bicep Curl (Strength)</td>
<td>- Outer, inner, knee</td>
<td>60</td>
<td>14-70</td>
<td>Movement: Static</td>
<td></td>
</tr>
<tr>
<td>Side Raise (Strenght)</td>
<td>- Outer, inner, knee</td>
<td>14</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
</tr>
<tr>
<td>Notes</td>
<td>- Keep slow and controlled movement throughout entire motion</td>
<td>- Maintain tension on leg muscles throughout entire motion</td>
<td>- Keep slow and controlled movement throughout entire motion</td>
<td>- Keep slow and controlled movement throughout entire motion</td>
<td></td>
</tr>
</tbody>
</table>

### Program Advanced

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Notes</th>
<th>Time</th>
<th>Video</th>
<th>Movement</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calf Rais (Warm-up)</td>
<td>- Calf raised straight</td>
<td>60</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
</tr>
<tr>
<td>Standing Row (Strength)</td>
<td>- Upper &amp; Middle back</td>
<td>45</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
</tr>
<tr>
<td>Wide Squat (Strength)</td>
<td>- Front, back, knee</td>
<td>30</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
</tr>
<tr>
<td>Deep Squat (Strength)</td>
<td>- Front, back, knee</td>
<td>45</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
</tr>
<tr>
<td>Ring Adductor (Strength)</td>
<td>- Outer, inner, knee</td>
<td>45</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
</tr>
<tr>
<td>Lunge (Strength)</td>
<td>- Outer, inner, knee</td>
<td>45</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
</tr>
<tr>
<td>Tripod Dip (Strength)</td>
<td>- Outer, inner, knee</td>
<td>30</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
</tr>
<tr>
<td>Push-Up (Strength)</td>
<td>- Outer, inner, knee</td>
<td>60</td>
<td>1-7</td>
<td>Movement: Static</td>
<td></td>
</tr>
<tr>
<td>Bicep Curl (Strength)</td>
<td>- Outer, inner, knee</td>
<td>60</td>
<td>14-70</td>
<td>Movement: Static</td>
<td></td>
</tr>
<tr>
<td>Side Raise (Strenght)</td>
<td>- Outer, inner, knee</td>
<td>14</td>
<td>14-28</td>
<td>Movement: Slow Dynamic</td>
<td></td>
</tr>
<tr>
<td>Notes</td>
<td>- Keep slow and controlled movement throughout entire motion</td>
<td>- Keep slow and controlled movement throughout entire motion</td>
<td>- Keep slow and controlled movement throughout entire motion</td>
<td>- Keep slow and controlled movement throughout entire motion</td>
<td></td>
</tr>
</tbody>
</table>

Var = Variation in positions to increase intensity
Static = No movement
Dynamic = Movement, through the range of motion
Pulse = Short controlled movement
Frequently Asked Questions

Is Whole Body Vibration (WBV) training credible?
The Russians have been using it since before the fall of the Berlin Wall to strengthen their athletes. In Europe it is widely used in gyms, by sporting teams, chiropractors, physiotherapists and Personal Trainers.

How does Vibration work?
The VT-12 Vibration Platform produces vertical vibrations from a side-alternating rocking movement which simulates walking. Our body reacts to this natural stimulus with an involuntary reflex muscle contraction. Depending on the speed, muscles will contract up to 15 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.

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. Check out just some of the studies on pages 23 - 24.

Is it safe?
Yes. The VT-12 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. You can be overweight, have aches and pains, stiffness, or even be recovering from an injury, and still get benefits from the VT-12.

My doctor/specialist doesn't know about Whole Body Vibration. What should I do?
Both nationally and internationally, Vibration Training is becoming more widely known. The knowledge and know-how on the many applications of Vibration Training is growing rapidly - not only in the world of health and fitness clubs, but also in the area of medical and rehabilitative care.

If your doctor, specialist or physiotherapist would like to know more about WBV and its possible applications, have them visit our web site for more information.

Can I exercise all my muscles on the VT-12?
Yes. The vibration does not discriminate between different muscle groups, e.g. quadriceps and hamstrings. They both work together on the VT-12. 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 VT-12?
Training on the VT-12 has been shown to increase lean muscle mass, therefore increase metabolism, which means you can potentially burn more calories while exercising. The hormones produced with Vibration Training may also have a significant influence on reducing fatty tissue. It is recommended though, for optimum weight loss that you combine Vibration Training with a cardio workout.

How long do I have to use the VT-12 in any one session to get a benefit?
You will notice benefits almost straight away - often after 1 minute, you will feel the changes. A full session should take approximately 10 minutes. This workout can be used as a stand-alone program or in conjunction with other strength or cardio training.

Could a Vibration workout replace my entire fitness program?
The VT-12 may increase isometric (still) and isotonic (moving) muscle strength, increase flexibility and mobility, improve co-ordination and core stability. It really depends on your personal aims. For instance, if your objective is weight loss we would recommend incorporating this training with cardiovascular exercise. (i.e. a treadmill)

Is there a training schedule?
It's a good idea to begin gradually using the VT-12 (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. Refer to our Programs section on pages 17 - 19 for more information.

Can I reduce cellulite through Vibration Training?
Absolutely. Studies have shown that cellulite may be significantly reduced through Vibration. This is achieved through improving the body's ability to drain toxins and lymphatic waste by promoting better circulation. This in turn reduces the undesirable swelling in those areas of the body affected by cellulite. Increased collagen also plays a role by improving the skin's tone and elasticity.

How is circulation affected by Vibration?
While performing exercises your muscles are contracting. This would usually decrease your circulation, but when training on the VT-12 circulation in both the muscles and skin tissue is increased significantly. Furthermore, while enjoying massage positions your circulation will improve, contributing to the reduction of cellulite.

What are massage positions used for?
Massage on the VT-12 enhances circulation considerably, which can be seen by the slight redness on the skin and felt by a tingling, warm sensation. This in turn may increase lymphatic drainage, flushing toxins from your body and reinforcing the production of collagen to improve the skin's suppleness. Together with the increased production of Human Growth Hormone, massage contributes to combating cellulite.

Can the VT-12 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. You would select the appropriate program - Beginners, Intermediate and Advanced, to help you maximise your gains.

How do I get a stretching benefit from the VT-12?
The VT-12 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.
Frequently Asked Questions (cont’d)

- I don’t feel anything either during or after “strength exercises” on the VT-12. 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 continue in an exercise position if you do not have the strength to hold your posture and form correctly.

- I am a well-trained individual. Can I start using the “Advanced Vibration Program” immediately?
  Even the most trained of athletes will need time to let their body get used to Vibration Training, so it is advised not to start immediately with an Advanced Program. However, it will be possible for highly trained individuals to progress more quickly than the untrained person, by increasing the intensity as described previously.

- Should I alternate muscle groups I am exercising on the VT-12?
  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.

- 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.

- Why should I perform some exercises dynamically (i.e. with movement)?
  The advantage of the VT-12 over other gym equipment is that you can train functional movement i.e. the movements we use in everyday life. As we are constantly using our bodies and muscles, training dynamically on the machine more closely reflects our normal functions. However, we do suggest that when you first start using the VT-12, you hold positions statically (with no movement) to ensure you have the correct techniques - with correct posture and positioning. Once this is learned, you can begin to exercise dynamically. Refer to our Programs section on pages 17 - 19 for examples.

- Is it normal for my legs to itch during and after training?
  Yes. Itching may occur while using the VT-12. This is due to the large increase in circulation caused while training - this is completely normal.

- How long will the training effects of Vibration last after I stop using it?
  The effects of training on the VT-12 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 sweating 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.

Metabolic Changes

- Hormonal responses to Whole Body Vibration in men.

- The effects of vibration on human performance and hormonal profile.

- Whole Body Vibration exercise leads to alterations in muscle blood volume.
  (K. Kreish-Mandl, C. Gramp, C. Henk, H. Reich, E. Preisinger - Clinical Physiology, 2001)

Muscle Power and Strength

- Human skeletal muscle structure and function preserved by Vibration muscle exercise following 55 days of bed rest.

- The use of Vibration Training to enhance muscle strength and power.
  (J. Liu, B. McManus, K. Moran - Sports Medicine, 2005)

- Effect of Whole Body Vibration stimulus and voluntary contraction on motoneuron pool.

- Short-term effects of Whole Body Vibration on maximal voluntary isometric knee extensor force and rate of force rise.

- High-frequency Vibration Training increases muscle power in postmenopausal women.

- Effect of a vibration exposure on muscular performance and body balance.

Research

- The influence of Whole Body Vibration on jumping performance.

  (C. Bosco, M. Cardinale, O. Tsarpela, E. Locatelli - New Stud Athletics, 1999)

- Adaptive responses of human skeletal muscle to vibration exposure.
  (C. Bosco, R. Coll, E. Introna, M. Cardinale, O. Tsarpela, A. Madella, Clinical Physiology, 1999)

- Acute Whole Body Vibration Training increases vertical jump and flexibility performance in elite female field hockey players.

- Acute and residual effects of vibratory stimulation on explosive strength in elite and amateur athletes: Influence of vibration on mechanical power and electromyographic activity in human arm flexor muscles.

- Acute changes in neuromuscular excitability after exhaustive Whole Body Vibration exercise as compared to exhaustion by squatting exercise.
  (J. Rittweger, M. Mutschler, H. Fellenberg - Clinical Physiology and Functional Imaging, 2003)

Vibration was born in the early days of space travel. It is an engineered way to subject Astronauts to the effects of weightlessness on their bodies. The vibrations counter this by mimicking the effects of weightlessness. If you happen to lie in bed and move yourself, you’ll feel that as a “shrug” or “jiggle” while you’re on Mars. It’s quite a strange way to get to the nearest hospital!”

AFL Premium News
Oct 7, 2006
Research (cont’d)


Senior Performance


Bones

- The anabolic activity of bone tissue, suppressed by diuretics, is normalized by brief exposure to extremely low-magnitude mechanical stimuli. (C. Rubin - The FASEB Journal, 2001)
- Effect of Whole Body Vibration on muscular performance, balance and bone (S. Tornvén - Acta Universitatis Tamperensis 808 University of Tampere, Tampere, 2003)
- Low frequency vibratory exercise reduces the risk of bone fractures more than walking. (N. Gutz, A. Raimundo, A. Leal - BMC Musculoskeletal Disorders, 2006)

Low Back Pain


Neurological Conditions


Urinary Incontinence


Specifications

PERFORMANCE

- Motor: High Torque
- Motor Size: 5kW
- Plate Surface: 33 cm x 37cm
- Speed Range: 1 - 70
- Time Setting: Up to 10 minutes (high speeds for massage)
- Displays: 3 large easy to read LED displays, featuring: Auto / Fat Scan, Time, Speed
- Body Fat Monitor: Calculates body fat, based on sex, age, height and weight (sensor pads on hand rails)
- Programs: 8 pre-set massage programs
- Vibration: ‘See-Saw’ motion to simulate walking
- Amplitude: 1-10mm
- Handle Bars: Side mounted for easy grip and supported balance

QUALITY

- Maximum Load: 150kg
- Warranty: 5 years on motor; 2 years on parts and 1 year labour
- Machine Weight: 47kg
- Frame: Steel frame with high quality plastic base
- Assembled Height: 137cm
- Base Height (Step-Up): 26cm
- Footprint: 72cm x 60cm

Contraindications to Vibration

If one of the conditions listed below applies to you, please be sure to discuss these possible contraindications with your doctor before commencing Vibration on the VT-12.

- Acute inflammations and infections
- Active Cancer
- Active joint disorders and Arthritis
- Heavy migraine
- Acute Rheumatoid Arthritis
- Serious cardiovascular diseases, such as heart and vascular
- Fresh surgery wounds
- Recent joint implants, such as foot, knee and hip implants
- Heart disorders
- Recently placed metal or synthetic implants such as pacemaker, intra - uterine device, and cochlear implants
- Pregnancy
- Gallstones
- Epilepsy
- Recent Thrombosis or possible Thrombotic complaints
- Tumors
- Severe Diabetes
- Kidney Stones
- Low back complaints such as acute Hernia, Dyspathy and Spondylosis

If any of the above applies to you, it does not necessarily exclude you from using Whole Body Vibration. Extensive medical research on the effects of exercise on specific medical conditions is ongoing and, as a result, this list may soon be revised. To be safe, we advise you to consult your physician before using the VT-12.
WARRANTY

If your VT-12 does not operate properly and is purchased from an approved dealer of T-Zone, we will repair or replace your machine at no charge, for up to one year from the date purchased. Furthermore, we cover your motor under warranty for a period of 5 years and parts for two years from the date of purchase.

In the course of repair or replacement, T-Zone may recommend how to prevent a problem from recurring again and reserves the right to withdraw the warranty if recommendations are not followed.

This warranty is exclusive and is in lieu of all other warranties whether written, oral or implied. T-Zone liability is in all cases limited to the replacement price of the VT-12 and shall not be liable for any other damages, whether indirect, consequential, or incidental arising from the sale or use of the product.

If service is required it is the owner's responsibility to deliver the VT-12 to the nearest T-Zone Service Centre.

The VT-12 is designed for domestic use only and receipt of purchase must be provided to receive service under warranty. This warranty is not transferable.

Australia
T-Zone Pro (Australia) Pty Ltd
Ph: 1300 135 596

*Prices, specifications and design are correct at the time of printing and are subject to minor change without notice.