



# THE ULTIMATE 'NO WORK' WORKOUT™

with T-Zone's Whole Body Vibration Technology

Now T-Zone Whole Body Vibration includes  
Aerobic Training Capabilities! **A WORLDWIDE FIRST!**



**WHAT IF...**

*There was a machine that would work your  
muscles for you?*

*And it actually felt good, like a massage?*

*Plus it took a fraction of the time  
it would take in a gym?*

**10 MINUTES = 1 HOUR ...find out how!** 

NEW! INCLUDED WITH YOUR T-ZONE VIBRATION MACHINE

## MAGIC MAT™ KIT

The T-Zone comes with two Magic Mats™, each with a different thickness, plus a regular mat. You can also use a Magic Mat™ on the floor for certain exercises.

- ✓ OFFERS GREAT AEROBIC BENEFITS
- ✓ SUBSTANTIALLY REDUCES THE IMPACT ON YOUR JOINTS
- ✓ ELIMINATES THE NEED FOR CARDIO MACHINES
- ✓ INSTALLS INSTANTLY - JUST SNAP IT ON!
- ✓ A WORLDWIDE FIRST



MATS ARE BLACK. COLOUR IS FOR ILLUSTRATION ONLY.

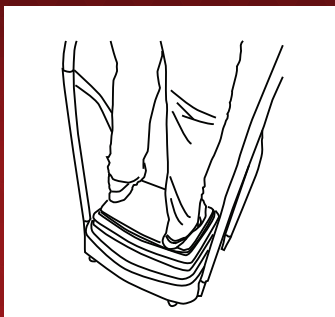
Canada Industrial Design 135781 | USA Design Patent D640336  
International Patent PCT/CA2012/050769 | USA Patent 13196751

# EXTEND YOUR WORKOUT ROUTINE

Here's a few examples on what can be done combining a T-Zone WBV Machine with the Magic Mat™ package!

## STUTTER STEP

Standing on the Magic Mat™ with your feet shoulder-width apart, keep your back upright and your abdominal muscles contracted. Shift your weight from one foot to the other, pressing down on the Magic Mat™ with your feet as you "bounce" from side to side. For added intensity, lift your knees between each weight shift to turn the exercise into more of a hopping motion.



## STEP-UP

Keeping one foot on the Magic Mat™ at all times and the other foot on the floor, start by stepping up onto the Magic Mat™ with your left foot, leaving your right foot on the ground. With a little hop, switch feet so that now your right foot is on the Magic Mat™ and your left foot is on the floor. Repeat this switch action as fast as you can, alternating your feet placement.

# HOW DOES IT WORK?

Simply put, Whole Body Vibration is about three things - creating **movement, reactions, and gravity**.

The machine itself creates movement in the body by moving up to 30 times a second. It is also designed to create reactions.

When you stand on the plate of a Vibration Machine, the plate moves in a see-saw type motion, bringing your body slightly out of balance.

Without us even being aware of it, when we are in motion, our muscles are always reacting to keep us upright and balanced. This natural reaction is what's being employed with WBV. By keeping the body constantly a little out of balance, these muscles have to keep working. Every time the plate moves, your body has no choice but to respond to the challenge it is offered - rebalancing you on the plate by engaging and disengaging (contracting and relaxing) several times a second.


And the best part is, because the reactions are so quick and involuntary, it actually feels good! The sensation is more like a massage or gentle stretching - nothing like pounding through several sets at a gym.



# GRAVITY

Along with creating movement, Whole Body Vibration is also about using the power of gravity, the pull that is exerted by the earth.

As the machine accelerates, it pushes up against your body and creates an extra force - known as a g-force.



Imagine you were to hold a 12-pound weight in your hand. No problem, right? Now imagine someone were to drop that weight - just by an inch or two - into your hand. You'd have to use a little more strength to keep that weight from falling. The weight hasn't changed, but it feels heavier. Now, imagine someone were to drop that weight into your hand 30 times a second! Your muscles would be working much harder than if they were just holding the weight. So while your muscles are working to keep you balanced, they actually have to stabilize a heavier load than they would if you were standing on the ground!

Your body will literally feel as though it weighs more, meaning you have to work against an increased weight or "load" than your muscles are used to.

# WHAT CAN WHOLE BODY VIBRATION DO FOR YOU?

## ACCELERATED WEIGHT LOSS

It's well known that muscles burn more calories than fat, meaning your metabolic rate will be increased even when standing still. Plus building strong muscles is key in getting that sleek look, as toned muscles tend to 'anchor' and disguise any extra curves you may still be working on. Whole Body Vibration is great for stimulating those big fat burning muscles, and now that T-Zone Vibration machines are also aerobic machines thanks to the Magic Mat™, it's really the only machine you will ever need.

## STRENGTH BUILDING

Whole Body Vibration is one of the most studied exercise methods right now, particularly in the area of explosive strength. A multitude of scientific studies have proven the superior results WBV can offer, and around the globe everyone from elite trainers to people working with the elderly or those recovering from recent injuries have come to rely on WBV for fast results.

## GOLF

Strength, flexibility and balance - that's what you need for a great golf game. Vibration has been particularly highlighted in the scientific community in the area of explosive strength gains. Studies have shown a 17% improvement in distance after just 3 minutes on the machine! Flexibility allows for an increased range of motion - in plain terms, you can reach back farther and follow through farther, to make your swing longer. Vibration gives you the stability needed for accuracy. Use it before your game as a warm up, or during the off season to maintain strength.

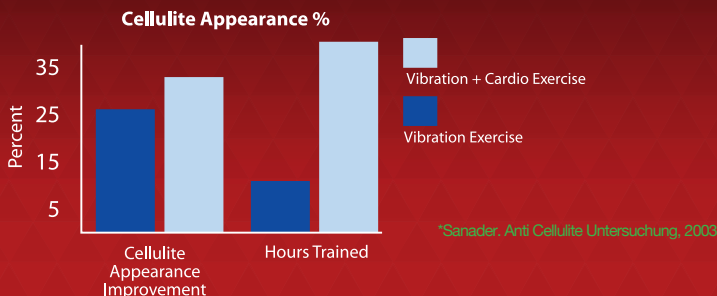


## BEAUTY AND CELLULITE VISIBILITY REDUCTION

Whole Body Vibration actually helps to REDUCE cellulite visibility!

Studies show a significant reduction (25.7%) of cellulite visibility with just 3 sessions a week (11 hours total over 24 weeks).

Combined with cardio, that reduction is boosted to 32%!\*



## FLEXIBILITY

Check out the test on the back page if you're not sure! Whole Body Vibration works your muscles by gently forcing the muscle to contract and release. This lengthens the fibres of your muscles (in other words, stretches them) as the muscle lets go. And it turns out flexibility may be even more important than originally thought - a recent study suggests that flexibility in the body may be a predictor of heart health, specifically arterial stiffening. Yet another reason to shake it loose with whole body vibration!

## WARMING UP AND COOLING DOWN

It may normally take about 30 minutes of stretching to get your muscles and joints limber. As little as 5 minutes of Vibration may give similar results.

## LOW IMPACT WORKOUTS

One of the other great features of Whole Body Vibration is that it's low impact, meaning it's easy on your joints. So whether you already have some joint issues or are just trying to avoid future problems, Whole Body Vibration is a great choice.



# 10 MINUTES = 1 HOUR?

Whole Body Vibration is, true to the name, a workout for your whole body. This is why we say 10 minutes of vibration is equal to a one hour workout. How can this be true? Simple! When you do a workout, you are exercising one muscle group at a time. When you do arm curls, you are not doing leg extensions or sit-ups for your abs. But when you are on a Whole Body Vibration Machine, your whole body is engaged in rebalancing, meaning all of your muscles are being worked the entire time you are on the machine. Plus your body is also working under a much greater g-force stress, which accelerates results.\*

## WHO CAN USE WHOLE BODY VIBRATION?

Just about everyone can and should use Whole Body Vibration. Since it is a low impact way to gain strength and flexibility, it is often used after a period of inactivity. In particular, athletes, overweight people (who experience difficulty exercising over extended periods of time), office workers with inadequate levels of physical activity, people who cannot find the time to exercise and those recovering from illness or injury stand to benefit the most.

### Contraindications:

Whole Body Vibration is very safe, but may not be suitable for some people. Vibration is not recommended for people who are pregnant or under 14 years of age, have a pacemaker or other implant, advanced cardiac disease, or active cancer. If you have any major health issues, please check with your medical practitioner before using vibration.

\*A 12-week study found that strength increases from an average of 10 minutes of Vibration training were similar to those seen in an hour of regular resistance training. (Medicine & Science in Sports & Exercise, 2003; 35 (6); 1033-1041)



# WHY T-ZONE VIBRATION?

T-Zone Vibration is the **ONLY** machine **WORLDWIDE** that offers the benefits of whole body vibration combined with our patent-pending Magic Mat™, which transforms our WBV machines into aerobic capable machines. Plus there is our world-renowned service! T-Zone offers unparalleled support to help you achieve your goals. T-Zone has the staff and the expertise to keep you motivated and up-to-date.

And check out our warranty! It's one of the best in the business and illustrates our commitment.

## WARRANTY

If your machine 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 five years and parts for two years from the date of purchase. We also have service depots across the country.

***“Two weeks now and I have lost 2 1/2 inches off of my waist and hips”***

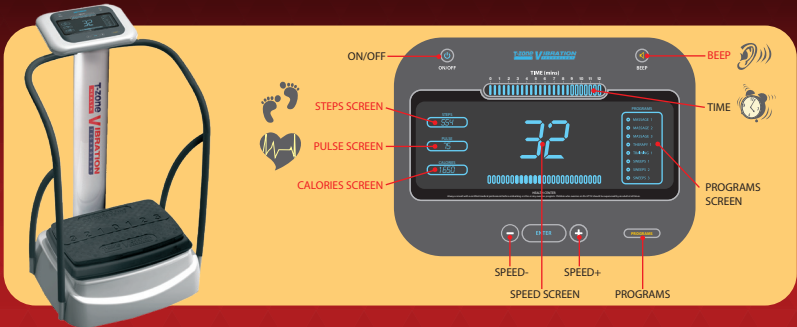
~ Lee-Ann N, Facebook Fan



# VT-20A

NOW WITH OUR PATENT-PENDING MAGIC MAT™

Check out all the features on the revolutionary VT-20A!



- 3 Relaxing Massage Settings (Low, Medium, High)
- Dedicated Therapy Program
- Fitness Program For People In Training

## Plus As Always -

- Overload Protection
- High Performance Motor
- **FULL WARRANTY\***

## THREE WAYS TO TRACK YOUR PROGRESS:

- ✓ STEP COUNTER
- ✓ PULSE COUNTER
- ✓ CALORIE COUNTER

## SPEED - CHOOSE FROM 99 SPEEDS!

**BEEP ON/OFF** - SILENCE THE 1-MINUTE TIMER IF IT IS UNWANTED.

**SWEEPS** - BEYOND MASSAGE AND MUSCLE BUILDING, EACH FREQUENCY MAY HAVE THERAPEUTIC VALUE ON ITS OWN. THESE SWEEP PROGRAMS ARE DESIGNED WITH THE HOPE OF PROVIDING THE POSSIBLE BENEFITS OF MANY FREQUENCIES.

THE MACHINE IS DESIGNED TO AUTOMATICALLY CORRECT FOR DIFFERENT USER WEIGHTS AND ELECTRICAL POWER FLUCTUATIONS SO THE PRECISE FREQUENCY IS TARGETED.

# VT-15A

NOW WITH OUR PATENT-PENDING MAGIC MAT™

Our advanced design VT-15A Vibration Machine model has new taller arms. This machine is ergonomically designed and maintains a high level of reliability with a smooth noiseless function.

We are constantly evolving to bring you the best and most innovative vibration technology in Whole Body Vibration! Unlike other fitness or health vibration machines, the VT-15A vibration machine is particularly unique because it achieves results for a wide range of health objectives for all ages and body types. The result...more benefits in far less time than conventional exercise.

The oscillating base is also topped with the T-Zone Magic Mat™, a patent-pending surface that pushes against your body to give you aerobic exercise capabilities alongside your vibration training.

- ✓ 70 SPEEDS
- ✓ 8 PRE-SET EXERCISE PROGRAMS
- ✓ ERGONOMIC DESIGN
- ✓ BUILT-IN BODY FAT MONITOR
- ✓ 3 LED SCREENS - DISPLAYS  
TIME, SPEED AND BODY FAT
- ✓ OVERLOAD PROTECTION
- ✓ HIGH PERFORMANCE MOTOR
- ✓ FULL WARRANTY\*

ASK ABOUT OUR EZIPAY PLAN!



# VT-8A

NOW WITH OUR PATENT-PENDING MAGIC MAT™  
NEW! ADDED MOUNTING LOOPS FOR BANDS

The VT-8A Vibration Machine is our most versatile machine yet! Our brand new machine comes in a stunning champagne colour. Due to its round shape and detachable handles, it's ideal for portability.

Removable handles also mean a clear area around the platform. You can more easily access positions that may be awkward with larger machines - you'll be able to have lots of space for your squats and abdominal work.

The oscillating base is also topped with the T-Zone Magic Mat™, a patent-pending surface that pushes against your body to give you aerobic exercise capabilities alongside your vibration training.

- ✓ 50 SPEEDS
- ✓ 5 PRE-SET EXERCISE PROGRAMS
- ✓ REMOVABLE HANDLES FOR GREATER VERSATILITY
- ✓ REMOTE CONTROL INCLUDED
- ✓ LED SCREEN DISPLAYS TIME, SPEED, PROGRAM
- ✓ OVERLOAD PROTECTION
- ✓ HIGH PERFORMANCE MOTOR
- ✓ FULL WARRANTY\*

ASK ABOUT OUR EZIPAY PLAN!



# CHAIR ACCESSORY

T-Zone has the first Whole Body Vibration machine in the world with a chair that fits perfectly on the machine's oscillating base.

## THIS CHAIR ACCESSORY:

- Brings your body's core closer to the source of the vibration. This allows your waistline and upper body to feel the intensity and gain the benefits of Whole Body Vibration even more!
- Allows you to use T-Zone Whole Body Vibration even if you have mobility issues.
- Is quick to install and easy to store.

THE CHAIR'S FEET FIT PERFECTLY INTO THE BASE OF THE MACHINE

FOR EVEN MORE  
ADDED COMFORT,  
USE WITH OUR  
T-ZONE MAGIC MAT™



# FREQUENTLY ASKED QUESTIONS

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. T-Zone Health distributes oscillating Vibration Technology, which is considered the safest form of Vibration, and we are CSA certified. Like all new exercise programs, it's important to consult your health care professional first. Whether you're physically fit or a non-exerciser, overweight, suffering from stiffness, aches and pains or recovering from an injury, almost anyone can enjoy the benefits of this machine.

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 of the many applications of Vibration training are growing rapidly - not only in the world of health and fitness clubs, but also in the area of medical care.

If your doctor, chiropractor, specialist or physiotherapist would like to know more about WBV and its possible applications, have them contact us for more information.

Can I exercise all my muscles on a Whole Body Vibration machine?

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

Will I lose weight when training on the Vibration machine?

Yes. Training on the WBV machine has been shown to increase lean muscle mass, therefore increasing metabolism and burning more calories. It is recommended though, for optimum weight loss, that you combine Vibration training with a cardio workout.

How long do I have to use Whole Body Vibration in any one session to get a benefit?

Take a look at our flexibility example on the back page! You will notice benefits almost right 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?

YES! Now that T-Zone WBV can also be used with our patented Magic Mat™ as a cardio machine, it is absolutely the **ONLY MACHINE YOU'LL EVER NEED.**

Can I reduce cellulite visibility through Vibration training?

Yes! Studies have shown that cellulite visibility can be significantly reduced through Whole Body Vibration by reducing undesirable swelling in those areas of the body affected by cellulite. Note: Being properly hydrated will help this process.

What are massage positions used for?

Massage on a WBV machine stimulates your body considerably, which can be seen by the slight redness on the skin and felt by an itchy tingly, warm sensation. Vibration massage also significantly contributes to the reduction of cellulite visibility.

Will Vibration training improve my flexibility?

Yes, one of the first things you will notice is that your body is becoming more flexible and your range of motion is increasing. Research has shown that stretch positions with Vibration training will give a greater increase in flexibility. An extra bonus is that your muscles are stretched in the same positions as in everyday movements. See the back page to find out for yourself!

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. Select the appropriate program - beginners, intermediate or advanced.

What type of vibration do you use?

T-Zone Vibration uses oscillating vibration, which is the most natural vibrating movement and has the widest range of benefits. People find this type of machine most comfortable and it makes sense that muscles are activated alternately as they would be in walking.

***Join the Discussion on the World's Most Innovative Health & Fitness Technology!***

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## T-Zone Flexibility Test - Try This!

Stand on the machine with your arms out to the side. Turn from the hips as far as you can to the right and then the left.

Now turn the machine on and stand for 2 or 3 minutes, then try rotating again.

You will be amazed how much farther you can reach!



Technology adopted by NASA for their space program  
[www.t-zonevibration.com](http://www.t-zonevibration.com)