

Personal Coach Program

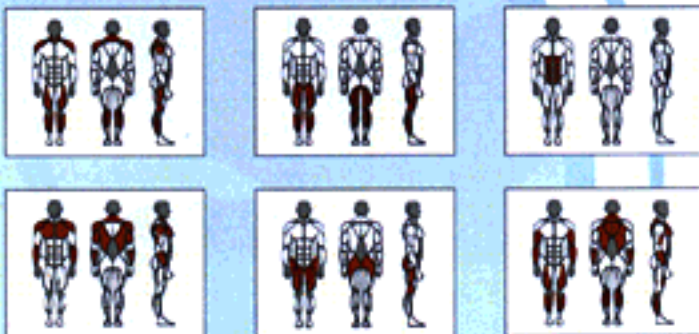
**User Friendly Built in Trainer.
Ease of Use, No Learning Curve!**

PowerVibe Pro combines quality and user-friendliness and features sound training advice per muscle group. Thanks to the built-in Personal Coach there is no more waiting for your fitness instructor. No more desperately scanning an exercise poster!



The Personal Coach allows you to choose from a selected range of training sessions per muscle group. The easy-to-use interface guides you through the program, with all exercises clearly visible on the display. Set your own goals and achieve them in a fun and safe way!

Muscle Groups Worked by the PowerVibe Pro



Lifestyle Benefits

Fitness

Our bodies are designed with motion in mind. The joints and the muscles need to be flexible and strong in order to move smoothly. Build stronger and leaner muscles with PowerVibe Pro, while increasing your flexibility!

Health

Our health defines a major part of our quality of life. PowerVibe Pro offers a combination of muscle strengthening, fat burning, lymph drainage and increased blood flow. It is a tool that will help you maintain and adopt a healthy lifestyle.

Wellness & Beauty

When using WBV, the hormonal system produce more Growth Hormone (HGH), Collagen and Testosterone. It also reduces the production of Cortisol (the stress and fat hormone). The growth hormone (HGH) has a direct effect on virtually all cells in the body. Your skin and your body will look younger, tighter and smoother than ever before

Anti - Aging

Training an average of 10 to 15 minutes, three times a week, will instantly increase flexibility and range of motion. The evidence is there. PowerVibe Pro improves the quality of daily life for everyone.

1-888-608-VIBE

www.MyWBV.com

Dr. Arthur Malkin
Free Shipping Code: AMAL

Disclaimer: PowerVibe is not intended to diagnose, treat or cure any disease. The benefits listed in the web site and brochure are based on independent studies which reference years of research into (WBV) whole body vibration therapy and training and those studies are independent of the PowerVibe technology and have not been evaluated by the FDA.



REVOLUTION in Health and Fitness

Fitness

Health

Wellness

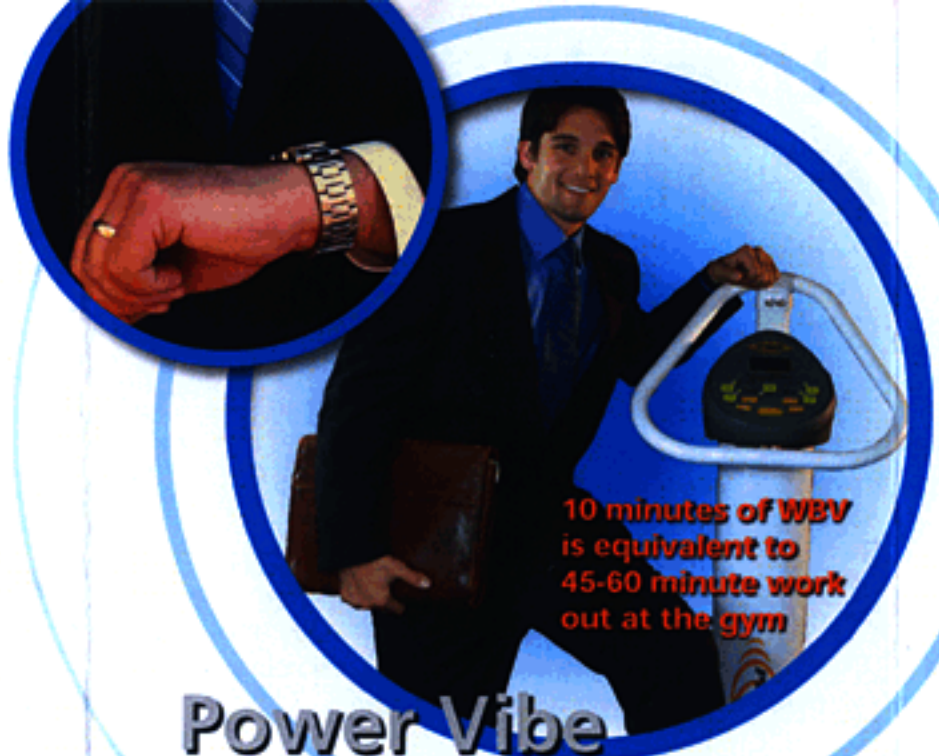
Beauty

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What Is **Whole Body Vibration**

In a conventional training session, only 30 - 40% of the muscle fibers are exercised. With controlled Whole Body Vibration or WBV training, that percentage nears the 100% mark. And it is not only the muscle tissues that react, but application of WBV has a positive effect on tendons, bone tissue, the nervous system and hormonal balances.

PowerVibe Pro harnesses the positive effects of WBV, with a constant amplitude and a well-balanced frequency range. Additionally, PowerVibe's Personal Coach explains and visualizes the right posture for each exercise. Vibration-plates are designed with the user's safety and health as paramount priorities.



**10 minutes of WBV
is equivalent to
45-60 minute work
out at the gym**

Power Vibe Advantages

- Accelerate Weight Loss
- Reduces Cellulite
- Reduces Varicose Veins
- Increases Energy
- Increases Bone Density
- Improves Muscle Strength
- Enhances Wellness
- Improves Circulation
- Improves Relaxation
- Enhances Rehabilitation
- Increases Flexibility

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