



## The Original Plate

### Coming with the product:

#### VibroStraps

The upper body straps can be adjusted in length; they stimulate specific groups of muscles.



#### VibroMat

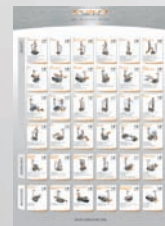
A mat is provided for exercises that involve parts of the body, other than the feet, coming into direct contact with the platform. The mat has a damping effect and protects clothing.



### VibroGym® Professional

#### VibroTraining® Poster

The high-quality poster illustrates the 36 VibroTraining® exercises in a self-explanatory way.



#### VibroTraining® DVD

On the enclosed DVD the 36 VibroTraining® exercises are vividly demonstrated.



#### VibroMat Deluxe

The mat is foldable so that users can increase the size of the training area and perform ground exercises at different levels.



## TECHNICAL SPECIFICATIONS VIBROGYM® PROFESSIONAL

### Properties of the VibroGym® Professional

|                        |   |
|------------------------|---|
| Material               | Stainless steel                             |
| Dimensions (l x b x h) | 800 mm x 800 mm x 1400 mm                   |
| Weight                 | 90 kg/193 lb                                |
| Voltage                | 110-130V and 220-240V                       |
| Power Consumption      | 350 Watt                                    |
| Maximum Load           | 140kg/300 lb                                |
| Frequency settings     | 30-35-40-50 HZ                              |
| Force                  | 2.1 kN/3.9 kN                               |
| Colour                 | Silver-grey                                 |
| Operation              | Membrane keyboard, start/repeat/stop button |
| Warranty               | 2 year factory guarantee *conditions apply  |