



The Original Plate

Coming with the product:

VibroStraps

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



VibroMat

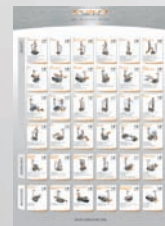
A mat is provided for exercises that involve parts of the body, other than the feet, coming into direct contact with the platform. The mat has a damping effect and protects clothing.



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