

# CONTROLLED WHOLE BODY VIBRATION

## Fitvibe makes training enjoyable!

Vibration brings a new dimension to training, as it exercises up to 100% of the muscle fibres, as opposed to 40% in a conventional workout. Your muscles will be stimulated intensely and efficiently! And since it doesn't take long, you can easily include a session on a vibration plate in a wellness program, offering a more varied and more attractive range of activities!



**fitvibe<sup>PRO</sup>excel**  
*Your professional plate*

**ARE YOU READY** FOR THE VIBRATION PLATE  
OF THE FUTURE?

**EXERCISES ON SCREEN** INTEGRATED CARD READER  
**BUILT IN TRAINING SESSIONS**  
SUPERIOR EXERCISE SURFACE  
**MEDICALLY APPROVED (MDD 0197)** COMPLETE WORKOUT



[www.fitvibe.com](http://www.fitvibe.com)

Fitvibe® is a division of GymnaUniphy NV

THE PROFESSIONAL PLATE  
FOR MAXIMUM RESULTS



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## WELLNESS & BEAUTY

Get slim the easy way!

- Body shaping
- Anti-cellulite
- Increased flexibility
- Increased blood circulation
- Reduced weight

*"I never thought that training would be that simple!  
Fitvibe keeps my body in shape and my weight  
under control!"*



## FITNESS

Experience a different body workout!

- Muscle strengthening
- Reduced stress
- Quick results
- Increased energy
- Fast recovery

*"If you demand a lot from yourself, why should you  
expect anything less from your fitness equipment?"*



## ANTI-AGING

Enjoy your vitality, embrace life!

- Increased bone strength
- Improved blood circulation
- Anti-aging
- Increased mobility
- Increased vitality
- Improved hormonal balance

*"I'm not 30 anymore and my schedule is pretty full.  
But I always make time for Fitvibe. The result? I feel  
good and I look great! It's never too late to start!"*



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