

K-1 Whole Body Vibration



Achieve better fitness with minimal effort and no risk of injury.

Easiest and most convenient way to get into shape available on the market today.

Although we are becoming more and more concerned with health and fitness, it seems that finding time to do something about it is harder to come by. With so much home fitness equipment to choose from, how do you pick the right machine?

Don't waste any more time driving to the gym or health club, waiting for your turn to use the equipment. With this compact unit, all you have to do is find **ten** spare minutes a few times a week to reach optimal results. The K-1 was designed to provide all the benefits of exercise without any of the constraints.

Measurable results from just a few minutes per session, with no exertion required. Many groups of muscles can be addressed with just minimal adjustment in posture and body positioning.

This fascinating new technology is being used by celebrities and athletes the world over. From hardbodies like Madonna and Gwen Stefani, to champion Lance Armstrong, vibration exercise is the choice among the fittest today. Sports teams using this technology in their training include: The Boston Celtics, Chicago White Sox, Miami Dolphins, Miami Heat, New York Giants, Orlando Magic, and the Philadelphia 76 er's.

The K-1 demonstrates a new revolution in rehabilitation and physical therapy by mechanically stimulating your muscles at a specific frequency. The vibrations are generated on a standing platform that are transferred to the user's body. The muscles automatically react to the vibration by contracting in a reflex. This contraction stimulates blood circulation and stretches both tendons and ligaments.

Origin of the Technology:

The development of vibration exercise came from a desire to improve bone density and muscle integrity for the cosmonauts of the Russian space program. It was developed to counteract the lack of gravity in space. Decades of research and endorsement by professional athletes ensure that this innovative machine produces effective results.

- Variety of Applications: Beauty and Health, Sports and Fitness, Medicine and Rehabilitation
- Supportive handles with grips to resist hand slipping
- Increases muscle strength, flexibility, and range of motion
- Enhances balance and coordination
- Strengthens and enhances posture
- Improves circulation and increases blood oxygenation
- Boosts levels of Testosterone and HGH
- Decreases level of Cortisol (hormone released when we're under stress)
- Improves muscle strength and tone, enhancing athletic performance
- Increases bone strength and density
Can be used in many different rehabilitative capacities
- Improves mobility and flexibility. Builds muscle strength.
- Work out all the important muscle groups of the body
- Combats osteoporosis
- Reduces back pain and stiffness
- Produces the effects of 80 different exercises by minor adjustments in posture and body positioning.

*Please consult your doctor before beginning any exercise program.