

# DKN XG10

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# BENEFITS OF WHOLE BODY VIBRATION (WBV) (1):

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- 100% of the muscle fibers are trained as opposed to only 40% in conventional training
- Increases Bone Density
- Increases blood flow and oxygenation in all skeletal tissues
- Increased blood flow in muscles (95% of capillaries open up to 40-60%)
- Increased productions of Testosterone and growth hormone (HGH)
- Increases production of endorphin

# BENEFITS OF WHOLE BODY VIBRATION (WBV) (2):

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- Decreases stress hormone Cortisol (up to 30% per session)
- Increases flexibility
- Increases white muscle fiber (explosiveness)
- Increases muscle strength & performance
- Decreases recovery time
- Reduces lower back pain
- Increases collagen for smoother skin
- Helps reduce cellulite
- Accelerate weight loss

# BENEFITS OF WHOLE BODY VIBRATION (WBV) (3):

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- Lymphatic drainage
- Localized fat burning
- Removes muscular lactic acid
- Reduces strain on joint, Ligaments and Tendons
- Fights the effects of osteoporosis
- Improves condition in patients affected by Parkinson's disease
- Proven Positive effects on Multiple Sclerosis symptoms

These are some of the many benefits of WBV!!

# KEY FEATURES:

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- Commercial
- Frequency 20hz to 50hz
- Preset Programmes
- Acceleration: 12 G-Force
- Very silent vibrations
- Vast increase in muscular activity

# COMMERCIAL

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- Ideal for:
  - Wellness Centers
  - Beauty Centers
  - Spa's
  - Gym's
  - Physiotherapists
  - Home-Gyms

# PRESET PROGRAMMES



# PRESET PROGRAMMES

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- Abdominals
- Total Body
- Upper Body
- Lower Body
- Manual Setting

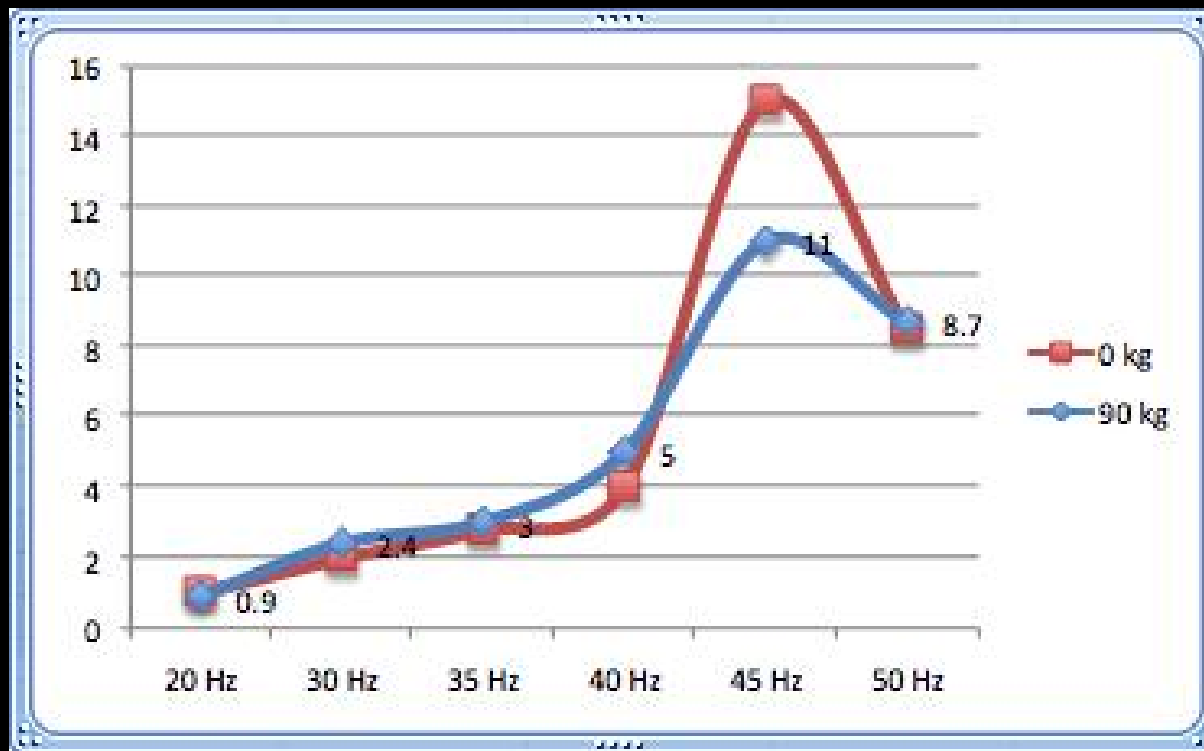
# ACCELERATION

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- This is the most important part of a WBV (whole body vibration) unit.
- This is measured in G-forces
- It is the measure of unit of the vibration intensity or vibration strength.
- Engine power is not a valid parameter to define the strength vibration a plate can produce.
- The DKN XG.10 G-Force is 12.

# ACCELERATION

- Below is a G Force chart at the whole frequency range of the XG10.



# SILENT VIBRATIONS

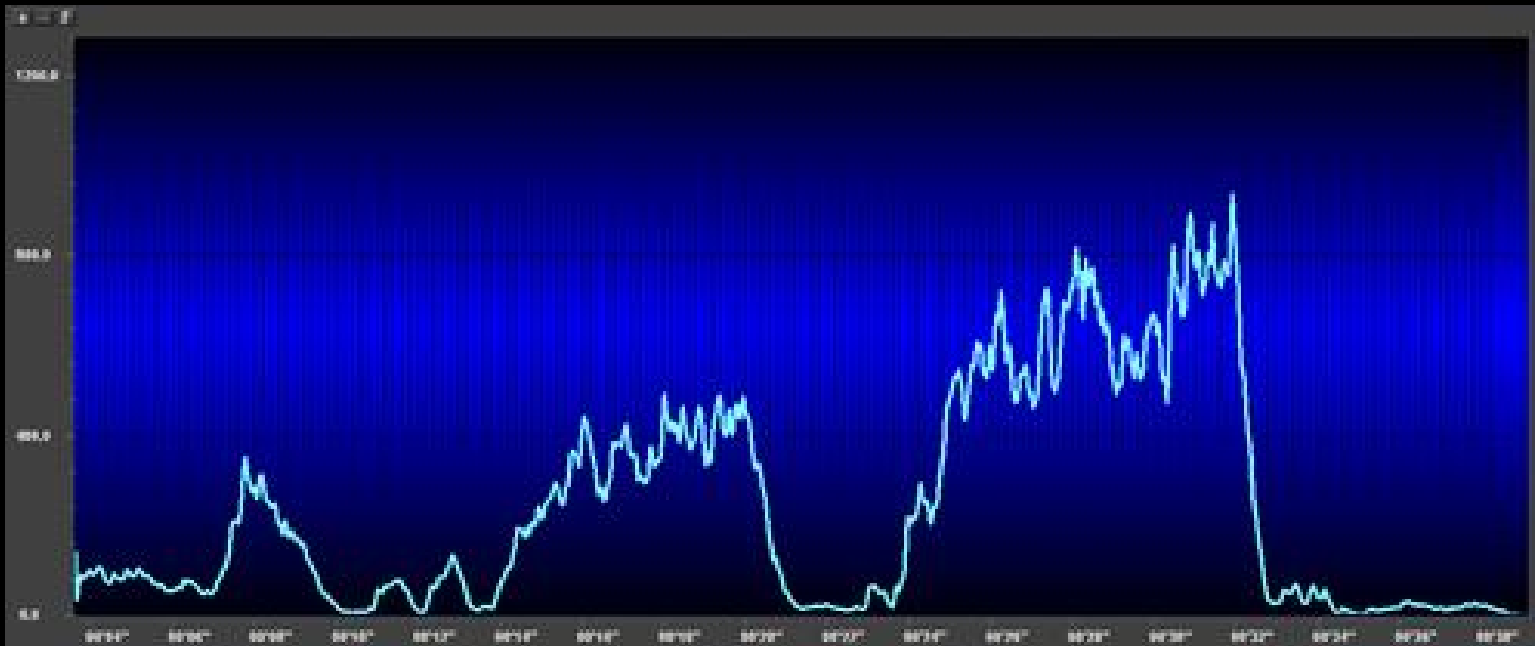
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- The DKN XG.10 is one of the most silent WBV units you can get.



# MUSCULAR ACTIVITY

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Vibration off

Vibration on

# DKN XG5

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# DKN XG5

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# DKN XG5



# KEY FEATURES:

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- Home-Use
- Frequency 20hz to 50hz
- Preset Programmes
- Acceleration: 8.8 G-Force
- Silent vibrations
- Vast increase in muscular activity

# PRESET PROGRAMMES

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# PRESET PROGRAMMES

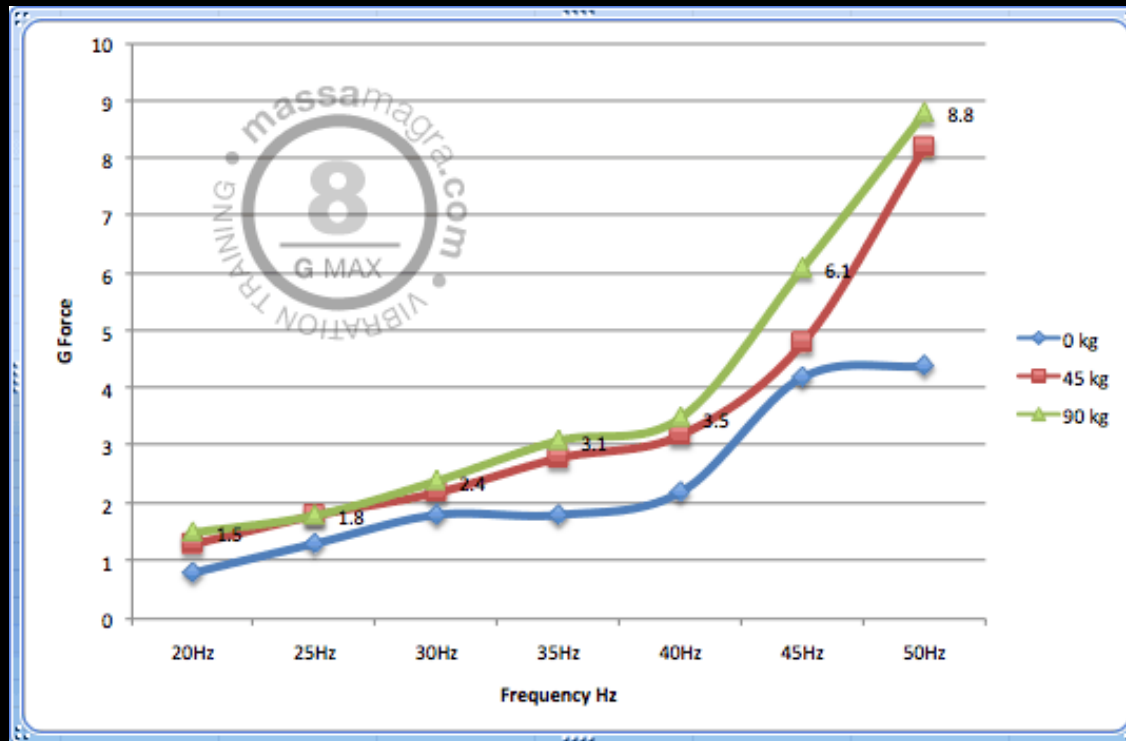
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- Abdominals
- Total Body
- Upper Body
- Lower Body
- Manual Setting

# ACCELERATION

- Below is a G Force chart at the whole frequency range of the XG5.

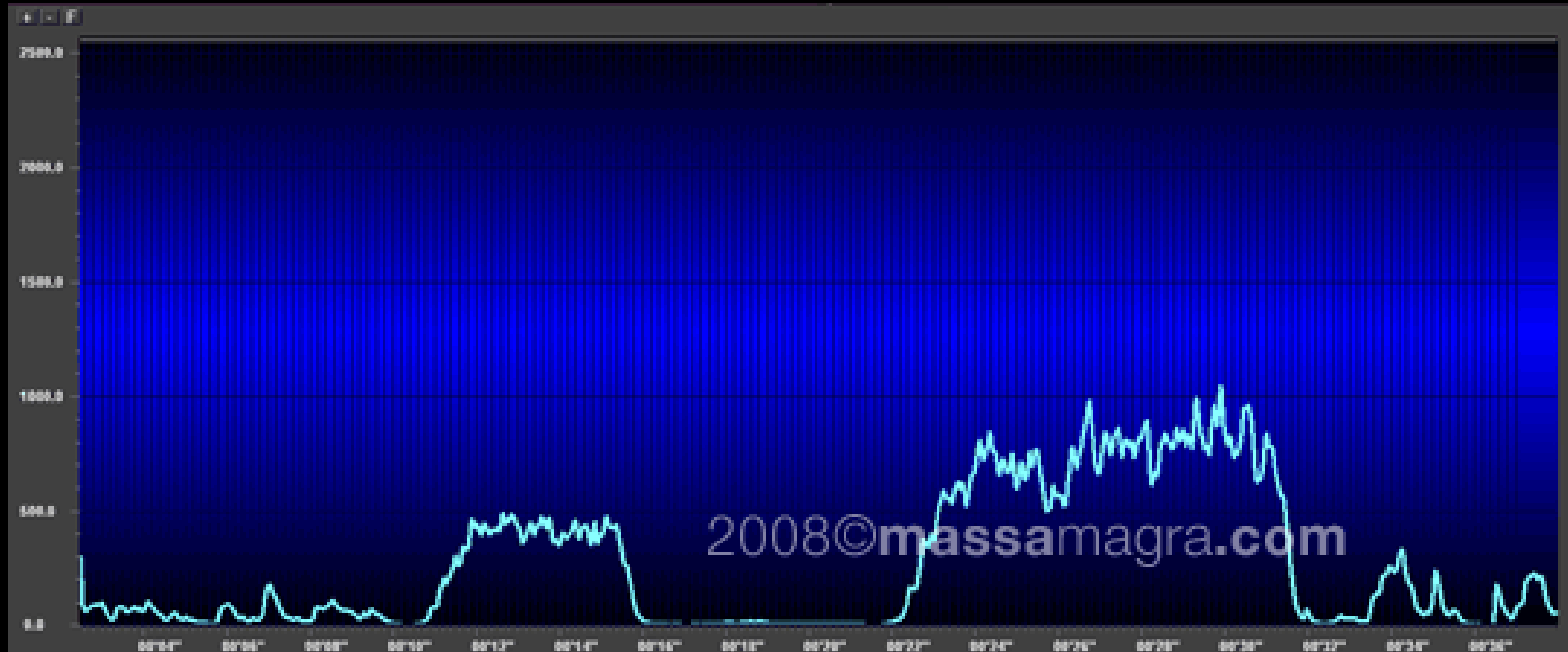


# SILENT VIBRATIONS

- The DKN XG5 is one of the more silent WBV units you can get.



# MUSCULAR ACTIVITY



Vibration off

Vibration on