



The New X-series

The X-Series is the next step in Whole Body Vibration (WBV), with improved technology (motor and electronics), lower accessible platform, integrated coach and preset workout programs. The X series will provide you not only with full body fitness and a strong impact on your health and wellness but also the added benefits of better skin, better posture and a better look. It is fast and efficient and has long lasting effects. The hormonal response and high production of HGH also leads to more rapid healing of fatigued or injured cells and allows faster recovery. The stress hormone, Cortisol, is also lowered significantly, resulting in you feeling good and relaxed after a session on the DKN platform.

The Effects

Many studies have demonstrated that a 10-minute exercise on a WBV machine is equivalent and even better than an hour workout with conventional fitness equipment. The impact of WBV is significant in the medical field as positive results have been observed with Parkinson's disease patients and patients suffering from other degenerative diseases. For women and elderly people, studies have shown that WBV substantially slowed down the progression of osteoporosis and helped rebuild bone density.

The Benefits

This machine provides an efficient and effective workout, especially for those on the go who don't have time to go to the gym. Exercises are easy and short. Training 3 times a week on a WBV platform for 12 to 24 weeks will significantly improve the following:

BALANCE STRENGTH FLEXIBILITY ENDURANCE TONING & FAT-LOSS

Bonus Benefits

Not only will your energy levels increase, your mental focus will be enriched and enhanced, and you will sleep better. The secondary effects generated will be increased blood flow and increased involuntary neuromuscular stretch reflex, which in turn will boost your hormonal system response, generating more Endorphins (happy hormone), more Collagen (better skin), more HGH (more muscle mass and less fat), and lower your Cortisol level (stress and fat accumulation hormone).

ANTI-AGING LESS STRESS MORE ENERGY BETTER SKIN



Personal trainer with Preset Programs & Visuals: Upper Body, Abdominal, Lower Body & Total Body.

7 frequency settings
5 modules integrated in your personal coach.

Durable and ergonomical handles designed for optimum comfort and safety.

Start/Stop & Repeat control for convenience and safety during stretching and abdominal exercises.

Durable cushion surface designed to increase stability and balance.

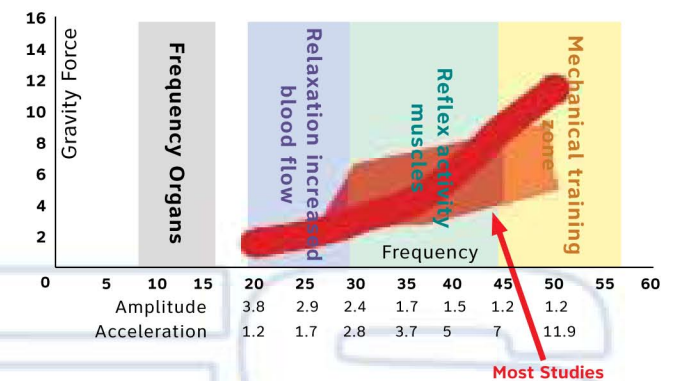
Commercial grade material. High tense carbon reinforced steel platform.

Silent high performance motors, variable and gradual start-up, up to 3.2KN.

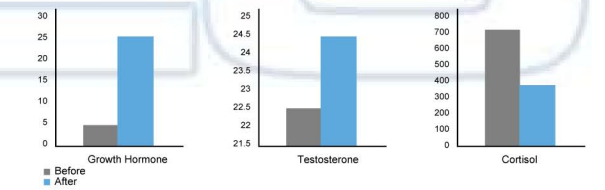
Isolated vibrating platform that prevents dispersal of the vibration to the controls and floor to maximize the effectiveness of the exercise.



Gravity Force (G-Load)



Plasma concentration after 10 min of WBV



XG10 Specifications

Structure	Steel
Equipment weight	73 kg / 161 lbs
Maximum load	140 kg / 330 lbs
Dimensions	25 x 29 x 59 in
Vibrating plate dimensions	27.5 x 13 in
Graphical Display	Back lit touch-sensor
Vibration frequencies	20-50 Hz
Vibration amplitude	1.8 mm A 3.9 mm
Motor	AC Motor 3.2 K/N
Acceleration	12G
Electric charge	0, 4 A

Dealer/Distributor



TEL: 011 704 0002

FAX: 011 704 4999

EMAIL: sales@htherapy.co.za

www.htherapy.co.za

THE NEW FITNESS
REVOLUTION IS HERE



XG10
ACCELERATION