



## 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**

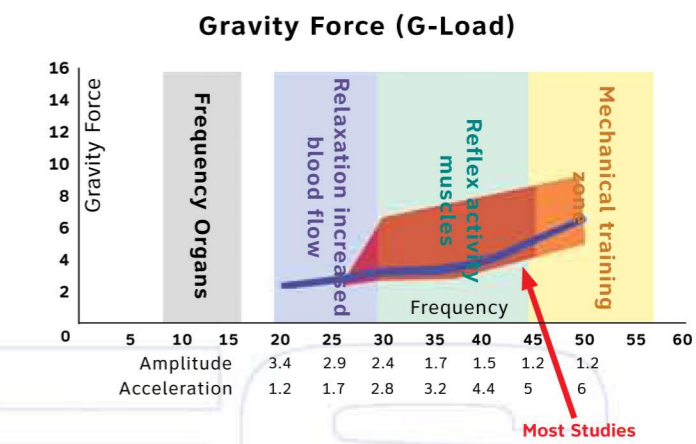
Personal trainer with Preset Programs & Visuals: Upper Body, Abdominal, Lower Body & Total Body.



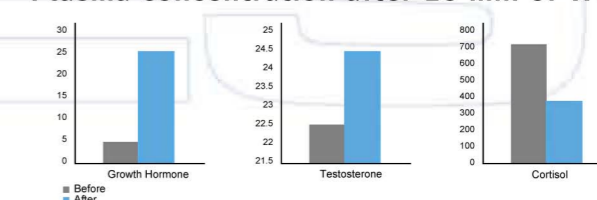
7 frequency settings  
5 modules integrated in your personal coach.

Durable and ergonomical handles designed for optimum comfort and safety.

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



Plasma concentration after 10 min of WBV



Commercial grade material. High tense carbon reinforced steel platform.

Silent high performance motors, variable and gradual start-up, up to 1.8KN.

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



## XG5 Specifications

Structure	Steel
Equipment weight	72.5 kg / 160 lbs
Maximum load	140 kg / 330 lbs
Dimensions	25 x 29 x 59 in
Vibrating plate dimensions	27.5 x 13 in
Graphical Display	Membrane computer
Vibration frequencies	20-50 Hz
Vibration amplitude	1 mm A 3.4 mm
Motor	DC Motor 1.85 K/N
Acceleration	6G
Electric charge	0, 4 A

### Dealer/Distributor



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**XG5**  
ACCELERATION

