



## What is Whole Body Vibration?

Whole body vibration (WBV) is NOT new or untested technology. It is now widely used by Physiotherapists, Chiropractors and Occupational Therapists throughout Australia and the world. You may also notice that it is now being used in many of the leading weight loss clinics throughout Australia. WBV technology is also being used by many elite sports teams and Olympic athletes.

There are also a growing number of gymnasiums that are replacing traditional resistance training equipment & installing WBV technology.

Until now WBV technology has only been for the rich, as most WBV machines have cost more than ten thousand dollars each. WBV-3000 makes it affordable for people to use Whole Body Vibration technology in the privacy and convenience of their own home.

Today NASA uses VIBRATION Exercise technology in their regular space training program.

**BEWARE OF IMITATIONS.**



## SPECIFICATIONS

<b>Product Name:</b>	WBV Whole Body Vibration 3000
<b>Model Number:</b>	WBV 3000
<b>Setup Dimension:</b>	L58.4cm X B52.9cm X H139.5cm
<b>Voltage:</b>	220V-240V
<b>Power:</b>	200W
<b>Max Power:</b>	0.75HP
<b>Speed:</b>	1-30 Levels
<b>Max Weight Capacity:</b>	150 kg
<b>Weight (Net):</b>	44.5 kg
<b>Auto Timer:</b>	10 mins
<b>Amplitude:</b>	13mm (Highest Point to Lowest Point)
<b>Frequency:</b>	180 - 640 cycles per Minute (adjustable)

## CONTACT



[www.wbv.net.au](http://www.wbv.net.au)

# WBV-3000



## THE ULTIMATE WORKOUT/SPORTS MACHINE

*ENHANCE.  
BECOME STRONGER.  
MAXIMISE PERFORMANCE.*

**wbv**  
WHOLE BODY VIBRATION

**OTO**  
BODYCARE

The WBV-3000 is an exciting new training aid for the athlete.

The WBV-3000 is now being used by.....



- Dandenong Rangers (WNBL)
- Sydney Spirit (NBL)
- Perth Lynx (WNBL)
  - Lakeside Lightning (WASBL)
  - Hobart Chargers (SEABL)
  - Brisbane Bullets (Former NBL)
- Acceleration Australia  
(High Performance Sports Trainers)



Studies show Whole Body Vibration training increases **vertical jump** and **flexibility**. Research also reveals that WBV training increases **speed** and **power** through a significant increase in the proportion of Type I and a decrease in Type IIb fibres, often referred to as an increase in fast twitch fibres.

Source:

*British journal of sports medicine 2005. 39; 860 -865.*

Additional research on the above can be found at [www.wbv.net.au](http://www.wbv.net.au).



The WBV-3000 allows athletes to warm up muscles and joints without using excess **energy**. Normally athletes use their heart and lungs to perform exercise. However the breakthrough of the WBV-3000 is that it uses a motor to stimulate muscle movement, thus reducing the level of **energy** normally required in cardio related exercises.

It is true that exercise is good for the body. However physical loading stresses the joint structures. With WBV-3000 training athlete's receive the benefits of exercise without physical loading on the joint. This can also have a **significant** impact on an athletes ability to commence **rehabilitation** at an earlier stage than was previously possible.



Sports people and athletes are getting numerous benefits from incredible performance boosting effects of Whole Body Vibration. WBV increases coordination, strength, flexibility and speed for the athlete's performance in any sports activity whether it be Basketball, Tennis, Golf, Squash, Football, Racing. The list goes on and on.

Rapid rehabilitation after injury is vital and important for athletes. Coaches and trainers can marvel at how quickly players can return to form even after sustaining previously "game and sports ending injuries". WBV-3000 offers the sports enthusiasts better ways to train their body to get the competitive edge. WBV 3000 dramatically enhances sports training as a supplemental and an alternative form of training. Within seconds, range of motion and stability are instantly increased. Great for warming up before training.



".....the WBV stimulates the body's natural stretch reflex and causes muscle contractions..... The stretch reflex is controlled by stretch receptors called muscle spindles that are located in skeletal muscles..... with WBV this reflex action is continually stimulated, so a muscle continues to contract and relax until the vibration stops"

Source:

*January 2005 IDEA Fitness Journal Chantal A. Vella, PhD*



The WBV-3000 has been used in Australia in Health Clinics for hour after hour each week for the last two years, maintenance free. The WBV-3000 is a quality machine leading the way in Whole Body Vibration Technology globally by helping all sports people looking to maximize and enhance their performance.



*I have been using the WBV-3000 for the past twelve months. Over this time the 'Wobbler' has become an integral part of my training and recovery routine. I am able to recover much faster after training and games. The WBV has been extremely beneficial in helping my long-term lower back tightness and pain. My Hobart Chargers teammates are quickly becoming fans of the 'Wobbler' too!*

*Mark Nash  
Hobart Chargers (SEABL),  
Former NBL player  
(1994-2007)*