



## The Original Plate

### Coming with the product:

#### VibroStraps

The upper body straps can be adjusted in length; they stimulate specific groups of muscles.



#### VibroMat

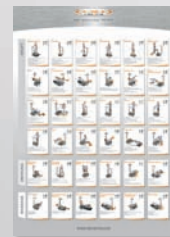
A mat is provided for exercises that involve parts of the body, other than the feet, coming into direct contact with the platform. The mat has a damping effect and protects clothing.



### VibroGym® Domestic

#### VibroTraining® Poster

The high-quality poster illustrates the 36 VibroTraining® exercises in a self-explanatory way.



#### VibroTraining® DVD

On the enclosed DVD the 36 VibroTraining® exercises are vividly demonstrated.



## TECHNICAL SPECIFICATIONS VIBROGYM® DOMESTIC

### Properties of the VibroGym® Domestic

Material	Steel (inside) frame and PU cover
Dimensions (l x b x h)	600 mm x 700 mm x 1300 mm
Weight	53 kg/113 lb
Voltage	110-130V and 220-240V
Power Consumption	250 Watt
Maximum Load	120kg/257 lb
Frequency settings	Training-Massage
Force	1.1 kN/1.9 kN
Colour	Silver-grey
Operation	Membrane keyboard, start/repeat/stop button
Warranty	2 year factory guarantee *conditions apply