



WHOLE BODY ADVANCED VIBRATION EXERCISE

CALL US TOLL FREE TODAY!
1.866.420.7546

Evolution of Vibration Exercise

Product can ship immediately to accomodate your fiscal year-end!

WAVE Benefits

- ✓ **Improves quality of life**
Allow veterans to safely increase strength, balance and flexibility
- ✓ **Limits stress fractures**
Studies have shown positive effects on bone density
- ✓ **Increase explosive strength and speed**
Helps break through plateaus in speed and strength
- ✓ **Enhances recovery from injuries**
Faster return to action from rehabilitation
- ✓ **Short training sessions**
Takes 70% less time than conventional training to achieve similar results
- ✓ **Low Impact**
Eliminates stress on joints, ligaments and tendons associated with conventional training
- ✓ **Increased Circulation**
Benefits those with circulatory problems or diabetes

How It Works

A drop of 2 or 4 mm of the platform simulates the body's natural 'stretch reflex' (Tonic Vibration Reflex). This is similar to the knee jerk reaction that occurs when the knee is tapped by a reflex hammer in a doctor's office. Without thinking about it, your body responds with a strong involuntary muscle contraction, leading to your leg 'kicking out'. With the WAVE technology, this can result in up to 3000 muscle contractions per minute while recruiting nearly 100% of your muscle fibers, compared to only 40% from conventional exercise.

WAVE Specs

Commercial grade platform

Capable of easily handling a high volume of daily users

The only patent pending self calibration system

Adjusts automatically to weight of individual, producing consistent and reproducible vibration training effects

Handles up to 1450 pounds

Accommodates individuals of any weight and size

Built to last

3 year warranty: best in the industry, backing up our superior reliability and durability

Large exercise surface area

Allows wider selection of exercises in addition to providing comfort for those with balance or fall issues

On site training

We will work with you to make sure integration is successful



the **WAVE**
AS SEEN IN
MWR Facilities

Typical Applications:

- General Fitness
- Medical Rehabilitation
- Physical Therapy
- Sports Performance
- Weight Loss



For more information, visit us at www.WAVExercise.com
or Email us at sales@wavexercise.com