



THE ORIGINAL PLATE



VibroGym Domestic Datasheet

VibroGym Domestic is designed for the usage in your home. It offers a large variety of exercises while it needs just little space. Based on the principle of 'whole body vibration' it introduces a new, highly effective training method: VibroTraining®.

VibroGym Domestic is produced in the Netherlands to ensure top quality. The complex motor construction consists of a patented one motor system built into the vibration platform. It is steered, controlled and synchronized through electronics by Siemens. The great usability of the VibroGym Domestic is ensured by easy to handle and maintenance-free technology, and by easily adjustable training programmes and exercises. VibroGym Domestic – a perfect symbiosis of steel, functionality, technology, lasting quality and timeless design.





THE ORIGINAL PLATE

2 Years guarantee

For the VibroGym platform we offer a two-year guarantee.

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.



VibroMat Deluxe

The mat is foldable so that users can increase the size of the training area and perform ground exercises at different levels.



VibroTraining® DVD and CD-ROM

On the enclosed DVD the 36 VibroTraining® exercises are vividly demonstrated. The CD-ROM contains different VibroTraining® Programmes (Introduction, Anti-Aging, Anti-Cellulite, Legs/Bums/Tums, Back Strengthening and Fat Loss) to print by yourself.



VibroTraining® Poster

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



VibroTraining® Academy

In order to be able to optimally use the VibroGym, vibration training is very important. At the primary level, you will learn the basic principles of WBV. You will obtain a VibroInstructor certificate and be able to further specialise at the training institute.

Accessories



VibroFloormat

Big floormat
100 x 200 x 30 cm,
grey.

Technical Specifications

Material	steel frame with high-quality plastic platform
Dimensions (l x b x h)	600mm x 700mm x 1300mm
Weight	53kg/114lb
Voltage	115/230 VA
Power consumption	180W
Maximum load	120kg/257lb
Frequency settings	training-massage
Force	1.1 kN/1.9 kN
Colour	silver-grey, RAL 9006
Operation	membrane keyboard, start/repeat/stop button
Warranty	two-year factory guarantee (conditions apply)