

Looking for the edge on the competition?

Increase Your:

Strength

Speed

Flexibility

Neuromuscular
Efficiency



With a
10 minute
addition to
your
existing
routine.

*The Good Vibrations 4 Life™
GVM™*

Athletic Vibration Stimulation

Take Your Peak Performance to the Next Level!

Looking for a competitive edge?

Athletes of all kinds can benefit from vibration therapy!

Warm-up and achieve flexibility prior to performance without loss of strength

Develop speed and reflex response to high-frequency stimulus*

Improve explosive strength and jump height

Increase testosterone and growth hormone levels, while decreasing cortisol levels - naturally

**Results may be achieved with a commitment as small as 10 minutes per day, 3 – 5 days a week at less than 30 Hz.*

“Unilateral application of localized vibration to the hamstrings at a duration previously reported to increase flexibility did not diminish the isometric performance of the hamstrings or quadriceps of either leg.”

International Journal of Sports Physical Therapy, Aug 2012

“The 8-month vibration intervention succeeded well and was safe to perform ... at 8 months, a 7.8% net benefit in the vertical jump height was observed in the vibration group (95% CI, 2.8-13.1%; p = 0.003).”

Journal of Bone and Mineral Research May 2003

“Whole-body vibration is a suitable training method to improve knee extension maximal strength, counter-movement jump, and flexibility in a young female athlete if it is properly designed...”

American Journal of Physical Medicine & Rehabilitation: December 2006

“The results showed a significant increase in the plasma concentration of T and GH, whereas C levels decreased. An increase in the mechanical power output of the leg extensor muscles was observed together with a reduction in EMGrms activity. Neuromuscular efficiency improved, as indicated by the decrease in the ratio between EMGrms and power. Jumping performance, which was measured using the counter-movement jump test, was also enhanced. Thus, it can be argued that the biological mechanism produced by vibration is similar to the effect produced by explosive power training (jumping and bouncing).”

European Journal of Applied Physiology, March 2000

The GVM: Comparatively the best vibration machine you can buy!

- * **Higher power motor** - Maximum Power: 2.00 hp.
- * **Able to accommodate up to 440 pounds (200 kg).**
- * **It's safe!** Sturdy handholds, and multiple grip points allow for comfort and safety in a variety of exercise positions.
- * **Frequency Settings: 5 - 50 Hz** - with adjustment in increments of 1/10 Hz.
- * **Including stretch bands & the only remote control** for floor exercises. We give you the extras!
- * **Amplitude: 1 -12 mm.** just stand closer or farther from the center of the platform, and you can get a greater or lesser effect. This allows for easy adjustment anytime.
- * **Certification:** CE, ISO 9001 and UL approved for quality and safety.
- * **Warranty: 2 years.** We provide a safe, sturdy and powerful machine. We also back it up with a warranty equal to the best in the industry. You will enjoy the effects of your GVM for years to come!

Call now to find out how you can benefit from Good Vibrations 4 Life's amazing technology!



*Strong and safe!
Built to last!*

Visit us on the web at: www.goodvibrations4life.com