

# The CV12... Why sitting is essential...

For whole body circulation, you need to sit. It's because muscles closest to the plate get the most intense contractions. The frequency reduces as it moves through your body. Plus you'll tone and strengthen your upper body. Think strong core, pelvic floor, good posture through chest and shoulders ...and toned, firm arms.

Look and feel fabulous, it's what we all want. Simply push down on the plate with your hands by your side to work your arms, chest, triceps and biceps... sounds easy? It is! Experience all the benefits of Whole Body Vibration, with health club quality on the CV12.

## EXCLUSIVE TO CARDIOTECH

### CV12 IS PURPOSE-DESIGNED, FOR SITTING!

#### Special Contoured Rails

Getting in and out of a seated position is finally effortless! Simply slide your hands down the rails as you guide yourself into position. No chance of falling and no strain on muscles. To stand up, it's just as easy, grab the rails and push up.

#### Easy-Sit Platform

The CV12's platform height is almost double virtually all competitors. No more struggling to get up and down from the floor! With a raised seat it's never been easier to sit on your machine and get the core and upper body benefits.

### A Truly Magic Mat... sooo comfortable

The Magic Mat is a supportive, comfort-designed platform. It's so much nicer than the hard, rigid, bone-bruising platform our competitors offer. What would you prefer to sit or stand on?

The Magic Mat uses special polymers... yesss, think luxury cushioning. Feel the 'push back' effect just from standing. It's soft on joints for an even gentler 'therapy session' or is perfect for that muscle building workout with spring-back support. For sitting, the magic mat makes a glute 'cellulite' massage ultimately relaxing, the perfect wind-down after a busy day.

**YOU'RE SAFELY SUPPORTED  
EVERY STEP OF THE WAY.**



**Magic Mat...  
spring-back  
massage comfort**

# THE HUGE BENEFITS OF JUST SITTING...



**Target Shoulders,  
Chest & Back**

**Boost Circulation**

**Target Core  
Strength**

**Target Pelvic  
Floor**

**Target Cellulite**

**Drain Fluid**



# Vibration Works... get excited!

## WHEN YOU STAND...



FOR TONED GLUTES

FOR CIRCULATION

FOR KILLER LEGS

FOR MOBILITY

**10 MINS**  
= **1 HOUR**  
OF GYM

DEFINED BY THE  
INTERNATIONAL VIBRATION  
TRAINING REGULATING  
BODY.

AUSTRALIA'S VIBRATION EXPERTS  
FOR OVER 10 YEARS

**CV12**  
By **CardioTech**

www.vibrationworks.com.au

### CLINICAL STUDY PROVES FASTEST WEIGHT LOSS WITH VIBRATION

The remarkable results are all there in black and white in a university study published in 'Obesity Facts' (completely unfunded- so no bias!). A total of 61 participants completed the study over 12 months. Here's a few of the startling facts!

#### AFTER 12 MTHS:

- The Vibration Group experienced **50% faster weight loss** compared with the Cardio Fitness Group
- **Visceral fat was significantly decreased** in the Vibration Group, but NOT the Cardio Fitness Group
- **Waist measurements decreased** the most in the Vibration Group
- Vibration was the **ONLY** group where **Waist to Hip Ratio significantly decreased** after 3mths, 6mths and 12mths!

### EXPERTS AGREE...

“ We use only those tools that have undergone extensive research. As a result, we now use Vibration Training with virtually all our clients because of the significant benefits we've seen and measured. ”



**Duncan Maxwell**

Elite Athlete Fitness Trainer, Strength Coach, Lecturer,  
Presenter and Corporate Health & Lifestyle Consultant

### THE EASY, QUICK AND COMFORTABLE WAY TO LOSE WEIGHT AND GET HEALTHY.

	CV12	Typical Competitor
<b>MOTOR WARRANTY</b>	<b>5 Years...</b> that's 5 times longer.	<b>1 Year...</b>
<b>REPAIRS</b>	<b>In-Home Warranty...</b> fixed in your home.	<b>NO in-home warranty.</b> Must send away at your cost, even under warranty!
<b>FOCUS ON CORE &amp; UPPER BODY</b>	<b>With Magic Mat...</b> soft on joints for an even gentler 'therapy session' or that muscle building workout with spring-back support!	<b>NO cushioned platform available.</b>
	<b>Easy-Sit Platform...</b> high platform, almost double virtually all competitors.	<b>NO extra height.</b> Leaving you to struggle getting on and off the floor.
	<b>Purposed-designed curved rails...</b> for safety, balance and stability.	<b>NO full length rails</b> to safely support you to get on and off.
	<b>Health Club Quality</b>	<b>NO, only home quality.</b>
<b>FOR WEIGHT LOSS</b>	15hz with 10mm amplitude creates enough G-Force to load the muscles so you can increase lean muscle and lose weight. <b>MORE LEAN MUSCLE = HIGHER METABOLISM!</b>	<b>GForce is too low at top speed</b> to stimulate muscle fibre – so you won't boost metabolism, making it harder to lose weight.

### LLOYD'S STORY

Every year the scales kept creeping up 2-3 kilos. He was 15kg overweight and felt just awful. Something had to change. Lloyd started using Vibration, every second day, doing a 10 minute routine of anaerobic Vibra-Training positions. Now at 76kg, he's been able to maintain his weight for 13 years! It's all he does for exercise. **For Lloyd, Vibration has been life-changing!**



“ My results exceeded expectations not just in body shape, but injury repair. At 53 I am in better shape than I was at 35. ”