

**NEW MODEL** MORE POWER...  
GREATER G-FORCE...  
FASTER RESULTS!

# BURN FAT... & IMPROVE CIRCULATION

WHEN EXERCISING WITH LIFEBACK 2

VIBRATION WORKS WONDERS  
TO FAST TRACK YOUR GOALS!

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

AS DEFINED BY THE INTERNATIONAL  
VIBRATION TRAINING REGULATING BODY

- ACCELERATE TONING!
- DROP WEIGHT & KEEP IT OFF!\*



**LifeBack<sup>®</sup>2** *By* **Cardiotech<sup>®</sup>**  
AUSTRALIA'S VIBRATION EXPERTS

\* Any weight loss program relies on maintaining a calorie controlled diet and regular exercise. \*\* Based on time spent to achieve equal weight resistance benefit.  
^ International research on Whole Body Vibration Technology dates back over 50 years.





# HOW DOES WHOLE BODY VIBRATION WORK?

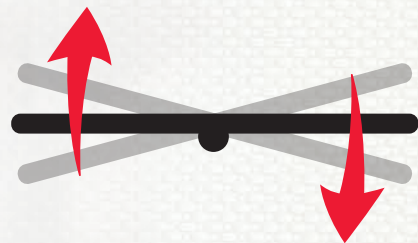
HERE'S YOUR CHANCE TO LOOK AND FEEL AMAZING, AND GET RID OF YOUR EXTRA WEIGHT – FOR GOOD!\*

## AWAKEN EVERY CELL IN YOUR BODY!

There are plenty of clinical studies behind Vibration Training.\*\* CardioTech's clever oscillating platform is engineered for optimum strength and toning results in a fraction of the time it takes using traditional exercise methods. It produces muscle-contracting vertical vibrations using a side alternating rocking movement.

## WHAT DOES THAT REALLY MEAN?

Your muscles are automatically switched on without any effort from you. This helps improve your health and energy and stimulates your muscles without using unpleasant electric shocks – unlike many circulation machines!



*The side to side rocking action stimulates rapid-fire involuntary muscles contractions. So easy!*

## BUILD MUSCLE

Your body constantly burns calories, even when you're doing nothing. This resting metabolic rate is much higher in people with more muscle. Every kilo of muscle uses about 12 calories a day just to sustain itself, while each kilo of fat burns only around 4 calories daily. That small difference can add up over time. After a session of strength training, muscles are activated all over your body, raising your average daily metabolic rate.

### ➤ FEEL STRONGER FASTER

Work all muscles at once!

### ➤ ENJOY LIFE TO THE FULL!

Feel vitality returning.

## BREAKTHROUGH

- The 1<sup>st</sup> Vibration platform to use under your desk
- So neat & compact to use in your lounge room
- Easy to move & store away with convenient rollers



REMOTE CONTROL



RESISTANCE BANDS



AUTOMATIC PROGRAMS



\* Any weight loss program relies on maintaining a calorie controlled diet and regular exercise.



# GOOD CIRCULATION IS GOOD FOR HEALTH

## EXERCISE IS THE KEY

Most of us know that exercise is good for improving circulation. But, how does it work? When you exercise the blood vessels that supply blood and take blood away from your muscles dilate to allow for a massive increase in blood flow. Imagine water flowing through a fire hose compared to a garden hose!

## RESISTANCE TRAINING, A GREAT CHOICE

Michael Roizen, MD from Internal Medicine, says that resistance training provides different cardiovascular benefits to cardio. He describes it being better at increasing blood flow and lowering your blood pressure. While for bone health, resistance training trumps!

So in essence... by incorporating regular moderate exercise into your week and combining it with other lifestyle modifications (such as proper nutrition, no smoking and medication use) you'll not only be feeling unstoppable but be dramatically reducing cardiovascular health risks.

## IT ALL STARTS WITH MUSCLE CONTRACTIONS

As a natural reaction to muscles contracting, even at lower speeds, WBV improves your blood circulation... oxygen and nourishment are pumped to every cell.

Vibration gets your whole body working so you may lead a strong, vibrant and healthy life.

## BUILD A STRONG CORE

With strong core muscles, you develop better posture and have a greater chance to reduce back pain. Whole Body Vibration can activate those 'key' stabilising muscles at your body's core.

## MASSAGE AWAY ACES AND TENSION

We all know how awesome deep tissue massage makes us feel – it relieves those tight sore muscles.

Massage is so easy and beneficial, and is so simple on the LifeBack 2. It's because the LifeBack 2 has no frame so you have access to far more positions than ever before.



## WHEN CIRCULATION IS GREAT...

You feel amazing. Energy, freedom of movement... there's a bounce in your step.

\* In healthy people



# PROLONGED SITTING IS BAD FOR YOUR HEALTH!

## NOT ALL MACHINES ARE THE SAME!

Circulation machines generally use electric impulses. These mini electrical shocks only focus on your muscles... and they are uncomfortable for many.

The difference? Vibration contracts muscles naturally – no nasty electrical impulses, improving blood flow without you even being aware. Even at low speeds, oxygen and nourishment are pumped to every cell. Yes, every single cell. Not just muscle cells.

For the first time you can exercise without feeling overwhelmed or challenged beyond your capacity. By starting off gently you gradually intensify as you build strength.

Sitting for long periods at work or play slows circulation and medical research shows it may:

- Lead to obesity (make you fat!)
- Slow your metabolism
- Reduce your circulation
- Can't be 'undone' by occasional exercising

MAYO CLINIC 2012

“

I work hour after hour at my desk. But now I'm guilt free, I can feel the blood coursing through my legs... I've made my long-term health my priority.

”





# FOR THE BODY YOU WANT!

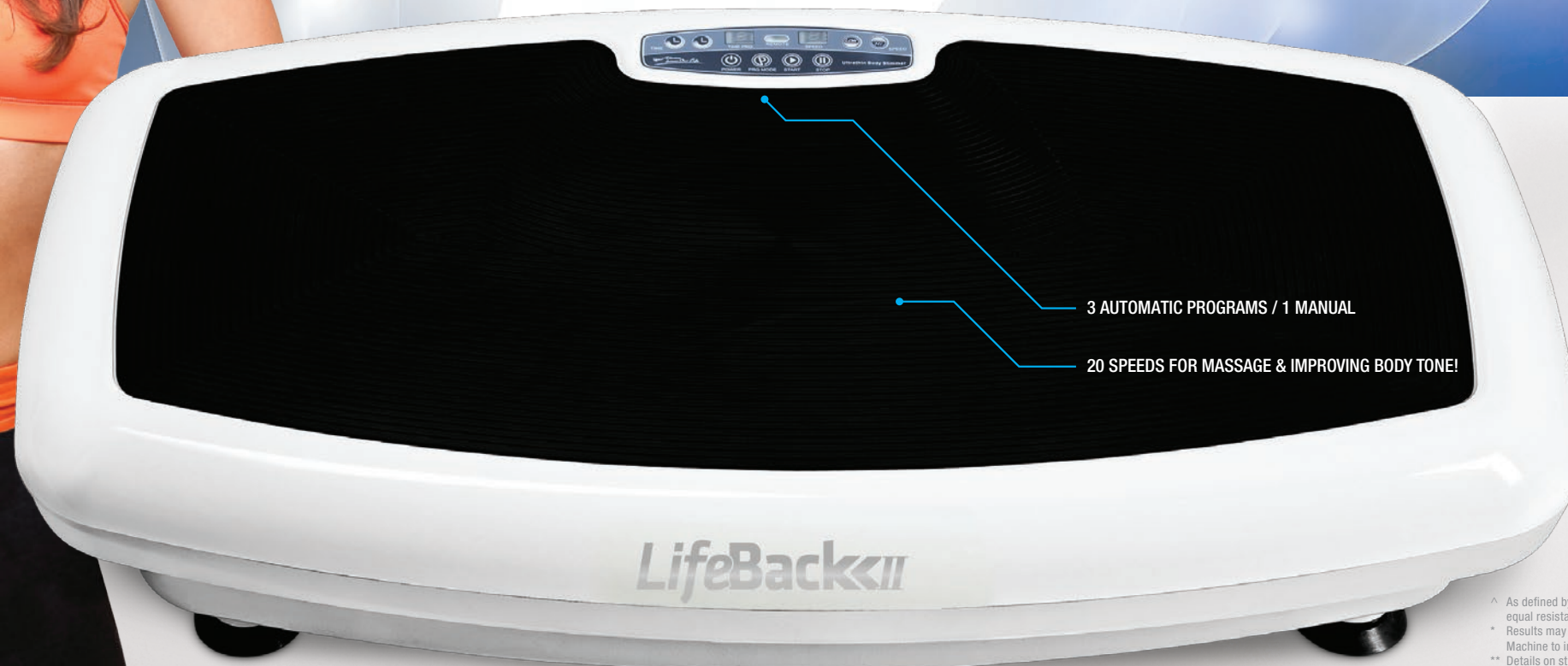
**“IT TAKES ME  
10 MINUTES TO WORKOUT  
INSTEAD OF MY NORMAL HOUR.  
IT’S ALMOST EFFORTLESS!”\***

ANDI LEW HEALTH AUTHOR  
“7 THINGS YOUR DOCTOR FORGOT TO TELL YOU”

## GOT CELLULITE? SHAKE IT!

Research\*\* has shown that just 3 sessions a week over 24 weeks improves the appearance of cellulite on thighs and buttocks. If you really hate that dimpled look, exercising using Vibration Training methods has been clinically shown to help.

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



3 AUTOMATIC PROGRAMS / 1 MANUAL

20 SPEEDS FOR MASSAGE & IMPROVING BODY TONE!

*LifeBack* II

^ As defined by the International Vibration Training Regulating Body and based on time spent to achieve equal resistance benefit.  
\* Results may vary for individuals & depend on exercise undertaken. Andi Lew used a CardioTech Vibration Machine to increase her strength but may not have necessarily used the LifeBack.  
\*\* Details on studies referenced by footnotes are available on our website [www.cardiotech.com.au](http://www.cardiotech.com.au)



# FAST RESULTS FOR TONING & WEIGHT LOSS

## STRENGTH AND TONE IN JUST 10 MINUTE SESSIONS!

Your 10 minute Vibration workout can equal 1 hour in the gym – here's why... When you lift a weight, your muscles contract. Vibration Training achieves the same effect, but on hyperdrive! Depending on the vibration speed, your muscles will contract up to 12 times per second.

Newton was onto something... gravity is a factor here. As the vibration forces increase with speed and your foot position, your body will feel as though it weighs more (like travelling up in a fast lift). Compared to traditional exercise, this clever technology means you work against a far greater gravity force in every movement you perform – making your muscles work harder without you knowing it!

## FAST TRACK YOUR WEIGHT LOSS\*

How? When you improve your muscle tone (lean muscle) you boost your metabolism. A faster metabolism means you burn more fat – even when you're sleeping!

Just 10 minutes, 3 times a week, over 6 weeks achieves results!² That's quick! So forget hours in the gym or that back-breaking bootcamp!

INCLUDES  
INTERNATIONAL  
ACCELERATED  
TONING  
PROGRAM



## EXPERTS AGREE!

He has 20 years experience in the health and fitness industry, Duncan Maxwell is co-owner and Managing Director of the very successful fitness studio, The Energy Clinic in Adelaide. With a client list that includes well known international singers, actors, local celebrities and professional athletes... as well as stay-at-home mums, Duncan and his team are very well regarded for their results based approach to health and fitness.

“For my trainers and I it's so very important that we use only those tools and concepts that have undergone extensive, independent research. As a result, we now utilise Vibration Training with virtually all our members because of the significant benefits we've seen and measured. WBV has become a powerful tool within The Energy Clinic to improve the fitness and health of our clients.”

DUNCAN MAXWELL



## FEATURES:

- More versatile – use in any space with low profile design
- Remote control
- Resistance strap set
- Transportation roller for easy portability
- Wider platform for more intense vibration
- 2 LED displays



\* Any weight loss program relies on maintaining a calorie controlled diet and regular exercise.



# FREQUENTLY ASKED QUESTIONS

## WHAT YOU NEED TO KNOW

### IS WHOLE BODY VIBRATION (WBV) TRAINING CREDIBLE?

The Russians moved Vibration Technology forward in leaps and bounds during the Space Race period. It was used to counter the significant muscle loss experienced by Astronauts during their missions. Since before the fall of the Berlin Wall they also used the technology to strengthen their athletes. Today it is recognised by fitness professionals worldwide for achieving excellent toning and strength results from short workout sessions and is widely used in gyms, by sporting teams and Personal Trainers.

### HOW DOES VIBRATION WORK?

The **LifeBack 2** Vibration Platform produces vertical vibrations from a side-altering rocking movement which simulates walking. Our body reacts to this natural stimulus with an involuntary muscle contraction. Depending on the speed, muscles will contract up to 12 times per second and as the acceleration forces increase, your body works against a far greater influence or “load” of gravity in every movement you perform - this is called G-Force!

### THE CLAIMS OF BENEFITS ACHIEVED FROM VIBRATION ARE QUITE EXTENSIVE. CAN THIS REALLY BE TRUE THAT YOU CAN ACHIEVE SUCH WIDE AND VARIED BENEFITS?

Yes. This is because the claims made are all as a result of research from over 30 universities worldwide.

### IS IT SAFE?

Yes. The **LifeBack 2** is safe for most people, although, like all new exercise programs it's important to consult your doctor first and discuss the contraindications should they apply to you. From the physically fit to the sedentary, almost everyone can enjoy the benefits of this home-use machine.

### CAN I IMPROVE THE APPEARANCE OF CELLULITE THROUGH VIBRATION TRAINING?

Studies have shown that the look of cellulite may be significantly improved through Whole Body Vibration.

### CAN I EXERCISE ALL MY MUSCLES ON THE LIFEBACK 2?

Yes. The vibration does not discriminate between different muscle groups, e.g. quadriceps and hamstrings. They both work together on the **LifeBack 2**. The vibration is highest in the body part that is closest to the platform and will lessen as it travels up the body.

### CAN I LOSE WEIGHT WHEN TRAINING ON THE LIFEBACK 2?

Training on the **LifeBack 2** has been shown to increase lean muscle mass, therefore increase metabolism. This means you can potentially burn more calories while exercising. However, it is recommended for optimum weight loss that you combine Vibration Training with a cardio workout.

### HOW LONG SHOULD I USE THE LIFEBACK 2 IN ANY ONE SESSION TO GET A BENEFIT?

You will notice benefits almost straight away – often after 1 minute you will feel change. A full strength and toning session should take approximately 10 minutes, plus any rest time. Our recommended workout can be used as a stand-alone program or in conjunction with cardio training.

### COULD A VIBRATION WORKOUT REPLACE MY ENTIRE FITNESS PROGRAM?

The **LifeBack 2** may increase isometric (still) and isotonic (moving) muscle strength; increase flexibility and mobility; improve coordination and core stability. It really depends on your personal aims. For instance, if your objective is weight loss, we would recommend combining Vibration Training with cardiovascular exercise (i.e. a treadmill).

### IS THERE A TRAINING SCHEDULE?

It's a good idea to begin gradually using the **LifeBack 2** (in 3 to 10 minute sessions). Because the initial training phase occurs on a neurological level (as it also does with conventional training), it is necessary to become accustomed to this new form of exercise to receive the full effects. Your condition will determine when you begin to see the results – normally between 2 to 6 weeks.



### WHAT ARE MASSAGE POSITIONS USED FOR?

Massage on the LifeBack 2 may enhance circulation considerably, which can be seen by the slight redness on the skin and felt by a tingly, warm sensation.

### CAN THE LIFEBACK 2 IMPROVE MY FLEXIBILITY?

Yes, one of the first things you may notice is that your body is becoming more flexible and your range of motion is increasing. Research has shown that stretch positions with Vibration may give a greater increase in flexibility.

### DO I NEED TO DO DIFFICULT EXERCISES TO GAIN ANY BENEFIT?

No, all the exercises we recommend are functional positions to benefit your overall fitness and strength. Some people just like to stand on the platform. Others perform squats, lunges, push-ups, even golf shots! Your choice of exercise positions will depend on your needs. For strength and toning we recommend the upper and lower body exercise positions provided to you on purchase of your machine in your manual.

### HOW DO I GET A STRETCHING BENEFIT FROM THE LIFEBACK 2?

The LifeBack 2 may give you a significant increase in muscle length just from standing on the platform. It is advisable to hold a regular muscle stretch position to increase the stretching effect.

### I DON'T FEEL ANYTHING EITHER DURING OR AFTER 'STRENGTH EXERCISES' ON THE LIFEBACK 2. AM I PERFORMING THEM INCORRECTLY?

To maximise your overall benefits you will need to increase the intensity of your exercise in the ways described previously. However, it is important to never over-train and you should not continue in an exercise position if you do not have the strength to hold your posture and form correctly.

### SHOULD I ALTERNATE MUSCLE GROUPS WHEN I AM EXERCISING ON THE LIFEBACK 2?

It is entirely up to you. However, it is sensible to alternate between upper body, lower body and abdominal exercises to allow each group a rest in between.

### IS IT NORMAL TO EXPERIENCE ITCHING DURING AND AFTER TRAINING?

Yes. Itching may occur while using the LifeBack 2. This is due to the large increase in circulation caused while training – this is completely normal.

### SHOULD I AVOID USING VIBRATION WITH BARE FEET?

To ensure correct transfer of vibrations to the body, there should be as little friction as possible between your body and the Vibration Platform. This is easily achieved while wearing flexible-soled shoes (while these do not have to be training shoes, they are recommended). However, if you would like to train barefoot or perform exercises where other parts of the body are in contact with the machine we suggest using a rubber mat or towel for added comfort.

### HOW LONG WILL THE TRAINING EFFECTS OF VIBRATION LAST AFTER I STOP USING IT?

The effects of training on the LifeBack 2 would diminish with time. This is the same as with any type of training. If any muscle tissue in the body is not being used, the body will begin to break it down. The rate of this decline is dependent on many individual factors.

### WILL I SWEAT DURING THE VIBRATION WORKOUT?

Yes. Any exercise or physical effort performed to cause a training effect will cause an increase in body temperature and metabolism. This in turn will cause you to perspire so you will sweat during your Vibration workout.



# OUTSTANDING SUPPORT!

## WE'RE KNOWN AS THE APPLE OF THE FITNESS INDUSTRY

CardioTech is Australia's leading health and fitness innovator, and is known as the Apple of the fitness industry thanks to a cutting-edge product range and continual focus on pioneering fitness engineering and development.

### QUALITY BUILT TO LAST

CardioTech has the toughest quality standards in the industry to ensure each LifeBack 2 machine performs flawlessly day after day, year after year.

### ABSOLUTE PEACE OF MIND GUARANTEE

If something goes wrong, you won't be left helpless and waiting weeks for repairs. Fast response time, providing you with the best service and backup in the industry is the way we show it.

**WARRANTY** 5 Years Motor, 3 Years Parts & 2 Years Labour

### PRODUCT SPECIFICATIONS

PRODUCT SIZE	770mm × 440mm × 138mm
WEIGHT g.w.	19.9kg
TECHNOLOGY	Oscillating platform
MAX USER WEIGHT	130kg

**LifeBack2** By **CardioTech**  
AUSTRALIA'S VIBRATION EXPERTS

*Use Anywhere, Anytime!*



*Soothing Relief*



*For Work or Home*

*Gentle Stimulation*



### CardioTech Australia Help Centre

T: 1300 13 55 96 : info@cardiotech.com.au  
F: 1300 73 69 64 : www.cardiotech.com.au