



# **XHYPERVIBE**

*The Shortcut To A Better Body*

*Special Report*

**Reduce Your Hip Size NOW**

- ★ Backed by 12-Week Research Trial
- ★ Exercises Muscles 28 Times A Second
- ★ Targets Hip, Thigh & Posture Muscles

**PAGE 5**

**W H O L E   B O D Y   V I B R A T I O N**

# Easier Than Normal Exercise

## Workout While Standing Still

How many forms of exercise can claim to give you a thorough workout while you stand still? Whole Body Vibration is a revolutionary form of exercise that can safely deliver the results of a gym workout in under 10 minutes all without having to leave your home or office.

Does it really work? Read the testimonials in this brochure to hear from ordinary people using the machine at home, professional health practitioners and research scientists and doctors who swear that *Hypervibe really does!*

## Muscles Work Automatically

The reason Whole Body Vibration can do so much while you do so little is due to the amount of energy the machine generates and the way your body interacts with that energy. As the platform under your feet vibrates your body is accelerated up and down. Similar to the feeling you get when standing in an elevator that moves

quickly upwards, Whole Body Vibration makes it feel like you just became heavier. If the acceleration is strong enough your body responds in various ways to activate your nerves and muscles to cope with the extra load.

## In Only 10 Minutes

Because the machine is adding this acceleration to your body at up to 28 times a second, the amount of muscle activation can quickly become significant. In fact, ten minutes of vibration training can be more work than you would do in a normal gym workout yet the machine is doing the work for you. It feels great, it's safe and most of the time is spent motionless in a number of different body positions. It's easy!

While most vibration machines offer very little acceleration, Hypervibe have exclusive high acceleration capabilities thanks to patented technology engineered in Australia and is one of very few vibration machines backed by research. You can count on getting real results with Hypervibe.

## 10 Minutes For Better:

- ✓ Circulation
- ✓ Bone Density
- ✓ Muscle Tone
- ✓ Muscle Strength
- ✓ Balance and Flexibility
- ✓ Relaxation and Recovery





"I started making Vibration Training part of my lifestyle after winning **The Biggest Loser**. It has become like a secret weapon. In a few minutes a day it does things to my body I can't do with any other kind of exercise.

I chose **Hypervibe** because of its ability to work the muscles so powerfully; something you don't get with other vibration machines.

6 years later the weight has not come back. I'm now in the best shape of my life. I have my own weightloss retreat now and I use Hypervibe with clients to get the fast results people want."

**Adro Sarnelli** - [www.TheNewMe.com.au](http://www.TheNewMe.com.au)





# 12 Weeks To Slimmer Hips

An interview with **Dr. Rebecca Sealey**

The Institute of Sport and Exercise Science, James Cook University, Australia



## Effects of Exercise Interventions on Physical Condition and Health of Vietnam Veterans

International Journal of Therapy and Rehabilitation, August 2011, Vol 18, No 8

**HV** Describe the participants of your experiment.

**RS** Our experiment included 38 war veterans with an average age of 62 years. All participants had at least one chronic disease and/or medical condition; such as:

- |                       |                 |
|-----------------------|-----------------|
| × High Blood Pressure | × Heart Disease |
| × High Cholesterol    | × Cancer        |
| × Diabetes            | × Back Pain     |
| × Obesity             | × Arthritis     |

**HV** In your research you highlight the importance of exercise to improve the health of war veterans but also mention that war veterans traditionally have low levels of success sticking to an exercise program. Did you find that Hypervibe Vibration Training was a form of exercise that war veterans will stick to?

**RS** Yes. Past research has shown the attendance rate for war veteran exercise programs to be approximately 50%. In our research we found a higher attendance rate of 75% for traditional aerobic and resistance training but this was higher again in the vibration training group. By participating in Hypervibe Vibration Training that rate increased to 92%

**HV** Why do you think participants were more likely to stick to their exercise program when it involved Hypervibe Vibration Training?

**RS** We believe the fact that Hypervibe Vibration Training requires less time when compared to other forms of exercise contributed to the high rate of adherence.

**HV** How long was each exercise session and how many sessions did the war veterans do?

**RS** The traditional exercise program lasted 60 minutes. The vibration training group lasted 20 minutes in total of which 10 minutes was Hypervibe Vibration Training. The Hypervibe training session included a dynamic warm-up, no more than 10 minutes on the vibration machine performing lower body exercises. For the remaining 10 minutes they performed three upper body exercises and finished with static stretches. This was repeated three times a week for 12 weeks.



HV After such a relatively small amount of exercise what changes if any did you see in the war veterans who undertook Hypervibe Vibration Training?

RS Those doing Hypervibe Vibration Training achieved significant improvements, such as:

- ✓ **Reduced Hip Size**
- ✓ **Reduced Waist Size**
- ✓ **Lower Resting Heart Rate**
- ✓ **Increased Endurance in the Static Squat Test**
- ✓ **Quicker Time in the Timed Up-And-Go Test**  
- how quickly they can get out of a chair, walk six metres then sit back in the chair.
- ✓ **Quicker Time in the Six-Minute Walk Test**  
- distance covered walking as fast as possible for six minutes.

HV You set out to determine whether vibration training using a Hypervibe machine would improve the health and functional ability of war veterans and whether it would be a form of exercise they would stick to. How would you describe the outcome?

RS The results show that there was an improvement to the health, mobility and function of the participants who undertook Hypervibe vibration training and that they were more likely to stick to their exercise program compared to other forms of exercise.

It is also worth noting that the vibration training group achieved similar improvements in health, mobility and function as the other exercise group yet it did so in one third of the time.

Additionally the participants were surveyed about their responses to the 12-week exercise program and the majority of those undertaking Hypervibe vibration training reported feeling healthier, fitter and finding daily tasks easier.

In summary, the time efficiency of Hypervibe vibration training coupled with the benefits we noticed may provide an ideal starting program for older exercisers.



**“They reported feeling healthier, fitter and finding daily tasks easier”**





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"We've had no problems with the Hypervibe whatsoever. When clinical subjects are on the device the G-force does not drop. It is honestly the best machine on the market.

In our present study we are seeing improved glucose uptake in Type 2 diabetes using the Hypervibe and will also investigate benefits to peripheral blood flow with the device.

We have mature age patients who find no difficulty using the platform, and with our 1-min on 1-min off protocol, they can't believe that is all they need to do.

Based on what we know of the Hypervibe machine's capabilities, we are looking forward to ongoing investigations of its benefits in clinical populations"

**Dr. Michael Climstein** FASMF, FACSM, FAAESS, AEP  
Associate Professor, Faculty of Health Sciences and Medicine, Bond University, Australia.



"I am hypothyroid and find the Hypervibe has really helped improve my digestion, circulation and calms an anxious tummy.

The Hypervibe is a godsend, I love it and use it daily. I would not be without it now.

I tried other machines, Hypervibe was the clear winner and after-sales service has also been excellent."

### **Karen Kitto**

Creator of Kitz Living Foods  
Queensland, Australia.



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"We received your machine Christmas Eve and have enjoyed testing it out over the last few days.

I must say I was most impressed by the feel of the machine. It has a real solidness about it, very similar to the Galileo. I would consider it a very close second to the Galileo in performance and at the price I saw on your website, far better value for money.

I would be very pleased to recommend the Hypervibe to our clients."

### **Glenn Ruscoe** FACP

Specialist Musculoskeletal Physiotherapist  
Western Australia.



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# *Thousands...*



**XHYPERVIBE**  
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...of people of all ages now have  
better bodies thanks to a few minutes  
of daily exercise on a Hypervibe machine.



[www.hypervibe.com](http://www.hypervibe.com)



[www.aliento.com.au](http://www.aliento.com.au)