

XG - 10

Specifications

| | |
|-------------------|----------------------------|
| Structure weight | Steel 72.5 kg / 160 lbs |
| Maximum load | 140 kg / 330 lbs |
| Dimensions | 25 x 29 x 59 in |
| Plate Dimensions | 27.5 x 13 in |
| Graphical Display | Back lit touch-sensor |
| Frequencies | 20-50 Hz |
| Amplitude | 1.8 mm - 3.9 mm |
| Motor | AC Motor 3.2 K/N |
| Acceleration | 12G |
| Electric charge | 0, 4 A |



XG - 5.0 Pro

| | |
|-------------------|--------------------------|
| Structure weight | Steel 73 kg / 161 lbs |
| Maximum load | 140 kg / 330 lbs |
| Dimensions | 25 x 29 x 59 in |
| Plate Dimensions | 27.5 x 13 in |
| Graphical Display | Back lit touch-sensor |
| Frequencies | 20-50 Hz |
| Amplitude | 1.8 mm - 3.9 mm |
| Motor | AC Motor 2.6 K/N |
| Acceleration | 8G |
| Electric charge | 0, 4 A |



XG - 3

| | |
|-------------------|----------------------------|
| Structure weight | Steel 72.5 kg / 160 lbs |
| Maximum load | 140 kg / 330 lbs |
| Dimensions | 25 x 29 x 59 in |
| Plate Dimensions | 27.5 x 13 in |
| Graphical Display | Membrane Computer |
| Frequencies | 20-50 Hz |
| Amplitude | 1 mm—3.4 mm |
| Motor | DC Motor 1.85 K/N |
| Acceleration | 6 G |
| Electric charge | 0, 4 A |



Bonus Benefits

Not only will your energy levels increase, your mental focus will be enriched and enhanced, and you will sleep better. The secondary effects generated will be increased blood flow and increased involuntary neuromuscular stretch reflex, which in turn will boost your hormonal system response, generating more Endorphins (happy hormone), more Collagen (better skin), more HGH (more muscle mass and less fat), and lower your Cortisol level (stress and fat accumulation hormone).

- Balance
- Strength
- Flexibility
- Endurance
- Toning
- Fat-Loss
- Anti-Aging
- Less Stress
- More Energy
- Better Skin

Inquire about purchasing your own machine!

Call Today!

www.healthierliving4you.com

Get the **BENEFIT**
of a 1-Hour Workout
in 10 Minutes!



How & why it works

The Platform produces a vibration through which energy is transferred from the platform to the body. By standing on the Plate you will notice how your body automatically adjusts to the vibrations. This mechanical stimulus produces a stretch reflex which, depending on the selected frequency, results in muscles vigorously contracting 25 to 50 times per second.



Exercise causes the body to tire; rest allows the body to recover. By repeating this process, the body adjusts to the level of effort, resulting in an increase in physical performance. This phenomenon, called super-compensation, similarly occurs when training on the Plate. However, compared with traditional training methods, greater results are achieved and hormonal production is increased in much less time.



Each set is performed no longer than 30, 45, or 60 seconds in length, and training sessions on the platform need to be performed no more than 3 to 4 times per week with each session lasting about 10 minutes of actual time on the platform.

The many BENEFITS of WBV



HEALTH

- Increases "FEEL GOOD" Hormones (Endorphin, Serotonin, Neurotrophin)
- Increases Human Growth Hormone (HGH)
- Reduces Lower Back Pain
- Reduces Strain on Joints, Ligaments, and Tendons
- Increase Range of Motion
- Fight the effect of Osteoporosis
- Rehabilitate Injuries and Ailments
- Improve Detoxification



WELLNESS

- Increases and Oxygenates Blood Flow in All Skeletal Tissues (up to 150%)
- Increases Blood Flow in Dermal Tissues
- Increases Flexibility
- Increases Balance Mechanism (Proprioceptive System)
- Reduces Stress and Effects of Stress
- Reduces Arthritic Pain
- Relieves Menopausal Symptoms
- Increases Energy



FITNESS

- Increase Muscle White Fiber (Explosiveness)
- Increase Muscle Strength and Performance
- Decrease Recovery Time
- Remove Lactic Acid from Muscles
- Accelerates Weight Loss



BEAUTY

- Increases Collagen (Smoother Skin)
- Helps Reduce Cellulite
- Tightens Facial Muscles
- Weight Management Program (Accelerate Weight Loss)
- Localized Fat Burning
- Lymph Drainage
- Smoother Skin (Flatten out Adipose Globules)
- Leaner Muscles (accelerate metabolism rate)
- Reduce Varicose Veins

The New X-series

The X-Series is the next step in Whole Body Vibration (WBV), with improved technology (motor and electronics), lower accessible platform, integrated coach and preset workout programs.



The X series will provide you not only with full body fitness and a strong impact on your health and wellness but also the added benefits of better skin, better posture and a better look. It is fast and efficient and has long lasting effects. The hormonal response and high production of HGH also leads to more rapid healing of fatigued or injured cells and allows faster recovery. The stress hormone, Cortisol, is also lowered significantly, resulting in you feeling good and relaxed after a session on the DKN platform.

The Effects

Many studies have demonstrated that a 10-minute exercise on a WBV machine is equivalent and even better than an hour workout with conventional fitness equipment. The impact of WBV is significant in the medical field as positive results have been observed with Parkinson's disease patients and patients suffering from other degenerative diseases. For women and elderly people, studies have shown that WBV substantially slowed down the progression of osteoporosis and helped rebuild bone density.

