

# T-zone™

## THE ULTIMATE HEALTH AND EXERCISE MACHINE

CARDIO, STRENGTH, MASSAGE, AND MORE!  
EASY TO USE AND STORE



HARD MAT



SOFT MAT



**PLUS!**  
**2 MATS INCLUDED**

- HARD MAT FOR MUSCLE TRAINING AND MASSAGE
- SOFT "MAGIC MAT" FOR CARDIO
- NO TOOLS REQUIRED - MATS JUST FIT INTO PLACE

INCLUDED...

**EXERCISE BANDS**  
**REMOTE CONTROL**  
**ADJUSTABLE BALANCE POLES**

ALL THE ACCESSORIES YOU NEED FOR  
HUNDREDS OF DIFFERENT EXERCISES!



[WWW.T-ZONEVIBRATION.COM](http://WWW.T-ZONEVIBRATION.COM)

# AEROBIC MAT™

## WORLD WIDE EXCLUSIVE!

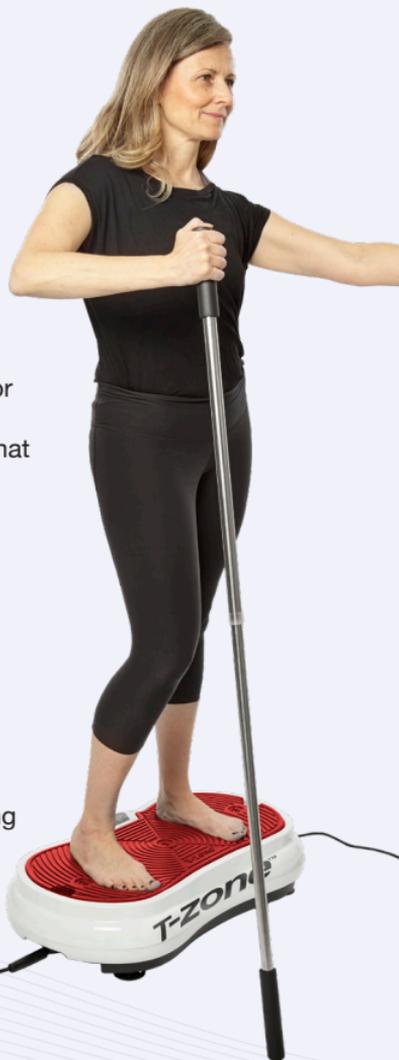
The Ultimate Exerciser comes with an **AEROBIC MAT™**, plus a hard mat.

- ✓ OFFERS GREAT AEROBIC BENEFITS
- ✓ SUBSTANTIALLY REDUCES THE IMPACT ON YOUR JOINTS
- ✓ ELIMINATES THE NEED FOR CARDIO MACHINES
- ✓ NO INSTALLATION REQUIRED

You can also use a **AEROBIC MAT™** on the floor for certain exercises. Check out some of the hundreds of exercises you can do using either mat starting on page 15!

### SPECS:

- High Performance Motor
- **Machine Size:** 68 x 39 x 14 cm
- **Speed Range:** 1-99
- **Time:** Up To 10 Minutes
- **Display:** Large Easy To Read Led
- Display Featuring Time, Speed,
- 9 Pre-program Options
- **Vibration:** See-saw Motion To Simulate Walking
- **Amplitude:** 0-12 mm
- **Maximum Load:** 150 kg/330 lb



Simply put, the Ultimate Machine is about three things:  
**MOVEMENT, REACTION, AND GRAVITY**

## HOW DOES IT WORK?

When you stand on the plate of the **ULTIMATE EXERCISER**, the plate moves in a see-saw type motion, bringing your body slightly out of balance. This gives you **MOVEMENT**.

Without us even being aware of it, when we are in motion our muscles are always reacting to keep us upright and balanced. This natural reaction is the third pillar of the **ULTIMATE EXERCISER**, what's being employed with the **ULTIMATE EXERCISER**. By keeping the body constantly a little out of balance, these muscles have to keep working. Every time the plate moves, your body has no choice but to respond to the challenge it is offered - rebalancing you on the plate by engaging and disengaging (contracting and relaxing) several times a second.

And the best part is, because the reactions are so quick and involuntary, it actually feels good! The sensation is more like a massage or gentle stretching - nothing like pounding through several sets at a gym.

### HARD MAT



### SOFT MAT



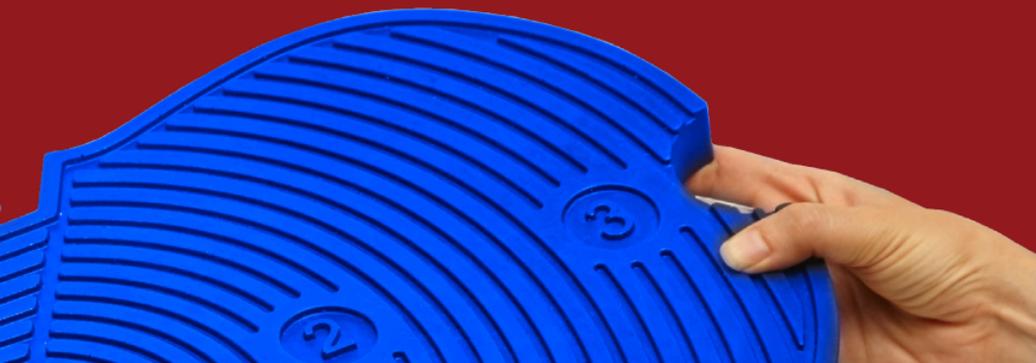
## CHART COMPARISON VS STATIONARY BIKE

Exercising on the **ULTIMATE EXERCISER** beats conventional exercise, hands down. Check out this chart for a comparison.

	<b>OUR MACHINE</b>	<b>STATIONARY BIKE</b>
<b>ASSISTS IN WEIGHT LOSS</b>	<b>YES</b>	<b>PARTIAL</b>
<b>WORKS UNDER INCREASED GRAVITY</b>	<b>YES</b>	<b>NO</b>
<b>DO MANY EXERCISES WHILE GETTING WBV</b>	<b>YES</b>	<b>NO</b>
<b>EXERCISE BENEFITS WITHOUT MOVING</b>	<b>YES</b>	<b>NO</b>
<b>FULL BODY ENERGY</b>	<b>YES</b>	<b>NO</b>
<b>EASILY AFFORDABLE</b>	<b>YES</b>	<b>NO</b>
<b>LOW IMPACT WORKOUTS</b>	<b>YES</b>	<b>YES</b>
<b>FULL BODY CIRCULATION</b>	<b>YES</b>	<b>NO</b>
<b>FULL BODY MUSCLE STRENGTH</b>	<b>YES</b>	<b>NO</b>
<b>STRETCHING / FLEXIBILITY</b>	<b>YES</b>	<b>NO</b>
<b>POSTURE ENHANCER</b>	<b>YES</b>	<b>NO</b>
<b>MASSAGE</b>	<b>YES</b>	<b>NO</b>
<b>STRESS REDUCTION</b>	<b>YES</b>	<b>PARTIAL</b>
<b>INCONTINENCE</b>	<b>YES</b>	<b>NO</b>

## CHART COMPARISON VS STATIONARY BIKE (CONT'D)

	OUR MACHINE	STATIONARY BIKE
<b>BOWEL MOVEMENT</b>	<b>YES</b>	<b>NO</b>
<b>BEAUTY ENHANCEMENT</b>	<b>YES</b>	<b>NO</b>
<b>BACK HEALTH</b>	<b>YES</b>	<b>NO</b>
<b>MENTAL HEALTH</b>	<b>YES</b>	<b>PARTIAL</b>
<b>GOLF</b>	<b>YES</b>	<b>NO</b>
<b>EASILY MOVEABLE</b>	<b>YES</b>	<b>NO</b>
<b>USE WITH WALKER OR WHEEL CHAIR</b>	<b>YES</b>	<b>NO</b>
<b>SPACE SAVER</b>	<b>YES</b>	<b>NO</b>
<b>ZERO MONTHLY FEES</b>	<b>YES</b>	<b>NO</b>
<b>WARMING UP AND COOLING DOWN</b>	<b>YES</b>	<b>NO</b>



## WEIGHT LOSS

Weight loss is burning calories, which comes from movement. Traditional machines like stationary bicycles can generate a lot through the movement of the legs. However, with the **ULTIMATE EXERCISER** besides the lower body, you can do whole body exercises, such as using the two poles like cross country skiing, or a whole other range of training routines. What is more, just the movement of the base, rocking from left to right gives you added muscle contractions, which adds to calorie burning.

There is nothing more effective for weight loss than the **ULTIMATE EXERCISER**.

But the **ULTIMATE EXERCISER** can do lower body and upper body, and with the movement of the base you get added muscle contractions. (See exercise benefits without moving below)

The oscillating base is also topped with the aerobic **T-Zone AEROBIC MAT™**, a patent-pending surface that pushes against your body to give you aerobic exercise capabilities alongside your vibration training.

You can generate a lot of exercise with your legs stepping on the aerobic mat and with your hands in conjunction with the poles. Obviously, this massive exertion burns calories and contributes to weight loss.

### STUDY

Vibration plate machines may aid weight loss and trim abdominal fat (University of Antwerp, Belgium, May 2009)

### CONCLUSION

Over 12 months, the group exercising with Vibration had a 50% faster weight loss than the group doing cardio exercise, particularly the visceral fat surrounding their stomach organs.

**“A NEW WAY TO SHAKE  
OFF THE POUNDS”**

- TIME Magazine

## WORKS UNDER INCREASED GRAVITY

Along with creating movement and reactions, the **ULTIMATE EXERCISER** is also about harnessing the power of gravity, the pull that is exerted by the earth. As the machine accelerates, it pushes up against your body and creates an extra force - known as a g-force.

Imagine you were to hold a 12-pound weight in your hand. No problem, right? Now imagine someone were to drop that weight - just by an inch or two - into your hand. You'd have to use a little more strength to keep that weight from falling. The weight hasn't changed, but it feels heavier. Now, imagine someone were to drop that weight into your hand 30 times a second! Your muscles would be working much harder than if they were just holding the weight. So while your muscles are working to keep you balanced, they actually have to stabilize a heavier load than they would if you were standing on the ground! Your body will literally feel as though it weighs more, meaning you have to work against an increased weight or "load" than your muscles are used to.

By the way, if you are aware of the hundreds of studies into whole body vibration and this sounds similar - you're right! Whole Body Vibration is one of the most studies new exercise platforms out there, and the **ULTIMATE EXERCISER** is the natural evolution of that research.

**LOSE WEIGHT 50% FASTER  
THAN CARDIO... *it's true!***



## DO MANY EXERCISES WHILE GETTING WBV

We say 10 minutes of vibration is equal to a one hour workout. How can this be true? Simple! When you do a workout, you are exercising one muscle group at a time. When you do arm curls, you are not doing leg extensions or sit-ups for your abs. But when you are on the **ULTIMATE EXERCISER**, your whole body is engaged in rebalancing, meaning all of your muscles are being worked the entire time you are on the machine. Plus your body is also working under a much greater g-force stress, which accelerates results.

**\*you will notice benefits almost right away - often after 1 minute!**

## EXERCISE BENEFITS WITHOUT MOVING

The **ULTIMATE EXERCISER** creates movement for you as you rock from left to right and the involuntary stoppage to keep your body from falling from left to right gives you exercise indirectly.

## FULL BODY ENERGY

The **ULTIMATE EXERCISER** works on your whole body, even when you are not consciously engaging your muscles. This contrasts to a stationary bike, that exercises only one part of the body. This can make you a Hercules in one part and a weakling in another! Achieves maximum results with minimum effort. It is an amplification of your effort. It is achieving something that in practical terms cannot be achieved by any other method.

## EASILY AFFORDABLE - HUGE BARGAIN

Compare the price of the **ULTIMATE EXERCISER** to other exercise machines in the market! It gives incredible benefits to anyone who uses it, and because it is a low impact workout that anyone can do, the whole household will benefit.

## LOW IMPACT WORKOUTS

One of the other great features of The **ULTIMATE EXERCISER** is that it's low impact, meaning it's easy on your joints. This is because the feet are stationary on the mat, without the need of pounding. This means that Whole Body Vibration is suitable for all kinds of people - whether you already have some joint issues or are just trying to avoid future problems, Whole Body Vibration is a great choice.

## CIRCULATION

There is no technology that gives you more circulation than the technology used by the **ULTIMATE EXERCISER** with the left and right pivot. In the case of the **ULTIMATE EXERCISER**, you can have up to 20 movements per second rocking from left to right, to help the body with incredible circulation.

## STUDY

Does Vibration exercise increase the circulation in the skin? (International Medical Journal of Experimental and Clinical Research, February 2007)

## CONCLUSION

Short duration Vibration alone significantly increased skin blood flow.



## MUSCLE STRENGTH

It's well known that muscles burn more calories than fat, meaning your metabolic rate will be increased even when standing still. Plus building strong muscles is key in getting that sleek look, as toned muscles tend to 'anchor' and disguise any extra curves you may still be working on. The **ULTIMATE EXERCISER** is great for stimulating those big fat-burning muscles, and combining with a sensible eating plan will give even faster results. Best of all, you don't need to do difficult exercises to gain benefits. 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.

### STUDY

Effects of 24 weeks of Whole Body Vibration Training on body composition and muscle strength in untrained female (International Journal of Medicine, January 2004)

### CONCLUSION

The gain in strength using Vibration is comparable to the gain in strength using cardio and resistance training, however at a fraction of the time as a traditional workout.



## STRETCHING / FLEXIBILITY

Static stretching weakens your muscles. Dynamic stretching as provided by the **ULTIMATE EXERCISER** does not. It is because the stretching is done under movement. This keeps muscles engaged and working, as compared to just pulling at your muscles like conventional stretching does.

### STUDY

Whole Body Vibration exercise in the elderly people  
(University Hospital Kagawa, Japan 2003)

### CONCLUSION

Whole Body Vibration Therapy significantly improves the standing balance in the elderly, helping to prevent falls and fractures.

## POSTURE ENHANCER

The **ULTIMATE EXERCISER** is very helpful in improving posture. Just stand on the machine while engaging the stomach and glute muscles to keep your posture straight. This retrains your muscles and makes them stronger. You'll be amazed at what a challenge this can be, and how quickly your body responds by rewarding you with better, more attractive posture, and a stronger body! You'll be amazed how quickly your body responds by rewarding you with better, more attractive posture, and a stronger body!

## MASSAGE

Just stand on your **ULTIMATE EXERCISER** at a high speed and feel the relaxation kick in! The **ULTIMATE EXERCISER** platform rocks from left to right at up to 2 movements per second, giving your body a tension-melting and enjoyable massage.

## STRESS REDUCTION

There is nothing like regular exercise and massages to ease out the tension! Use your ultimate machine every day to feel your best.



## INCONTINENCE

Standing and squeezing the Kegel muscle strengthens this muscle, which can reduce or eliminate incontinence.

## BOWEL MOVEMENT

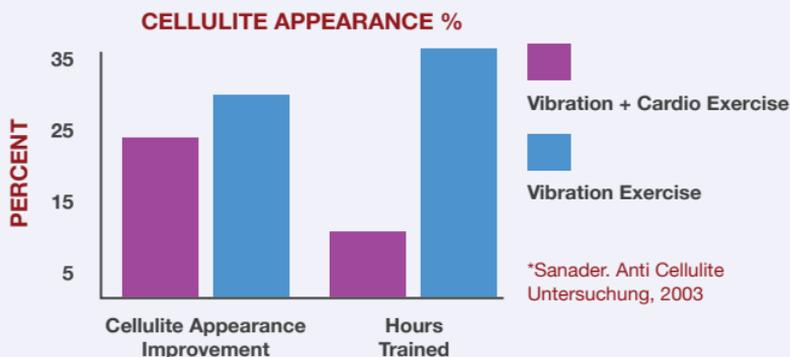
Many of our customers report to us that they have become more regular since using the machine on a daily basis.

## BACK HEALTH

A huge percentage of our customers found us as a way to manage their physical discomfort from sitting too much. Stretch and tone those needed muscles the easy way using the ultimate machine.

## BEAUTY ENHANCEMENT

The ULTIMATE EXERCISR actually helps to REDUCE cellulite! Studies show a significant reduction (25.7%) of cellulite with just 3 sessions a week (11 hours total over 24 weeks). Combined with cardio, that reduction is boosted to 32%!



## MENTAL HEALTH

Want to feel less stressed, less nervous, and more happy? The left-right motion of the ultimate machine creates a meditative pace for your mind to relax with.

## GOLF

Strength, flexibility and balance – that's what you need for a great golf game. Flexibility allows for an increased range of motion - in plain terms, you can reach back further and follow through farther, to make your swing longer. Regular use of **THE ULTIMATE EXERCISER** gives the stability needed for accuracy. Use it before your game as a warm up, or during the off-season to maintain strength.

**How? Just stand on the machine and practice your golf swing! The added gravity will multiply your effort.**

**An experiment done with 16 golfers after 5 minutes usage showed an increase in the distance of 16% length on their drive.**

## EASILY MOVEABLE

Lightweight compared to other exercise machines - the ultimate machine is easy to take with you to the cottage, the office, or to move from room to room as needed.



## USE WITH WALKER OR WHEELCHAIR

The compactness of the **ULTIMATE EXERCISER** allows it to be placed under a desk, or in front of a wheel chair.

## SPACE SAVER

The **ULTIMATE EXERCISER** is compact enough to be stored under a bed or in a closet.

## ZERO MONTHLY FEES

Unlike other exercise machines, there is no monthly subscription required to get the most out of your machine. Any exercise you can do on the floor you can do on the ultimate exerciser - feel free to follow any program that feels right for you!

## LYMPH NODES

The heart has a pump. However lymphatic fluid has no pump to circulate. Therefore, the circulation relies on movement. What better movement can there be than movement up to 20 times per second? The root of most diseases is congestion - movement is the key to flushing out toxins.



## WARMING UP AND COOLING DOWN

It may normally take about 30 minutes of stretching to get your muscles and joints limber. As little as 5 minutes of Vibration may give similar results.

### WARM-UP:

Use the **ULTIMATE EXERCISER** to prepare the muscles. The easy left/right rocking will warm up your muscles prior to any exercise.

### COOL DOWN:

After a vigorous work out exercise for example hockey, basketball, hiking, skiing by standing on the **ULTIMATE EXERCISER** the sideways rocking of the platform will relax the tired muscles so that they do not go into cramp mode. The **ULTIMATE EXERCISER** should be used as soon as possible after every workout in the gym, sports game or from a trail.

## CONTRAINDICATIONS

Whole Body Vibration is very safe, but may not be suitable for some people. Please be sure to seek qualified medical advice before using the **ULTIMATE HEALTH EXERCISER**. In particular, if you are pregnant, have a pacemaker, any other implant, or have had recent surgery, or have any medical condition whatsoever, please do not undertake Whole Body Vibration without the approval of your medical practitioner.



## EXTEND YOUR WORKOUT ROUTINE

# WORKOUTS

Here's a few examples on what can be done combining a T-Zone WBV Machine with the **AEROBIC MAT™** package!

### STANDING CIRCLE FLEXIBILITY & WARM-UP

HARD MAT

Standing on the machine at a high speed with feet evenly apart, hold two shortened poles to the left and the right of you, lined up with the shoulders. Trace small circles in the air, going wider with your circles when your body feels ready. You can experiment with palms facing up or facing front. You can also try pointing the poles straight in front of you and tracing circles. Don't forget to switch directions!



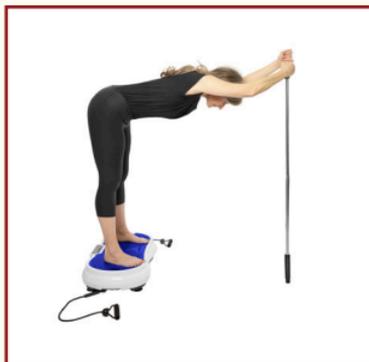
SOFT MAT

**DOWNWARD DOG WITH A STICK**

FLEXIBILITY &amp; WARM-UP

Standing on the machine at a high speed, reach as far forward as you can with a fully extended pole. With one end of the pole touching the floor for balance, push your heart forward and your sit bones back. Hold for as long as comfortable.

**THE ONLY BAD  
WORKOUT IS THE  
ONE THAT DIDN'T  
HAPPEN**



SOFT MAT

**FORWARD BEND**

FLEXIBILITY &amp; WARM-UP

Standing on the machine at a high speed, place one end of a fully extended pole at arm's length in front of you. Moving slowly, walk your hands down the pole as far as feels comfortable. Hold for as long as your body tells you to.



## BROOMSTICK

FLEXIBILITY & WARM-UP

SOFT MAT

HARD MAT

Standing on the machine at a high speed, hold one extended pole across your chest with arms slightly bent. Bend to the side pointing one end of the pole up and the other towards your knee. Avoid leaning forwards or backwards, but keep your chest as lined up with your legs as possible. Switch sides. Repeat 5 times on each side.



## SKIING

CARDIO

HARD MAT

Standing on your machine at a low to medium speed, place one end of the fully extended poles either on the floor or in the divots of your machine. Mimic a skiing motion, shifting your weight from side to side and moving your arms.

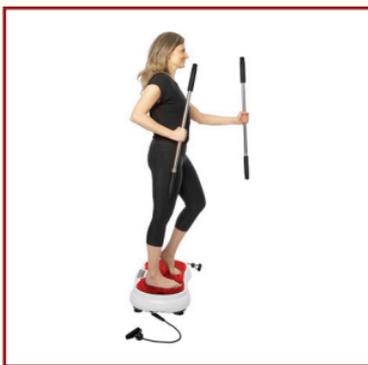


HARD MAT

**WALKING ON THE SPOT**  
CARDIO

Standing on your machine at a low to medium speed, walking on the spot.

Use the poles for balance, or as a counter weight in each hand. You can also try punching with the hands while walking, either in front or over head.



HARD MAT

**STEP UPS**  
CARDIO

Standing on your machine at a low to medium speed, alternate touching your toes to the floor. Use the poles for balance, or as a counter weight in each hand.



**V-SIT**

STRENGTH / CORE

SOFT MAT

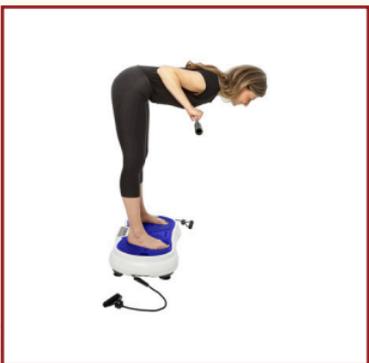
Sitting on the machine at a low speed, raise your legs to balance on your sit bones. Either straighten the legs or keep them bent. Hold an extended pole in two hands in front of you for balance.

**GOOD MORNINGS**

STRENGTH / CORE

SOFT MAT

Standing on the machine at a high speed, hold one extended pole across your chest. Keeping your back straight bend at the hips halfway down. Stand up straight again and repeat.

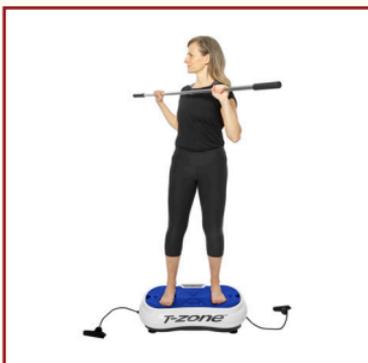


SOFT MAT

**STANDING TWISTS**

STRENGTH / CORE

Standing on the machine at low speed, keep your feet wide apart and holding a pole across your chest, twist to either side.



HARD MAT

**LUNGES**

STRENGTH / LEGS

Standing on your machine at a low to medium speed, extend one leg far behind you, bending at the knee so your knee is over your ankle, until your hips are in line with your knee. Switch sides and repeat. Use the poles for balance, or as a counter weight in each hand with your arms wide.

**ALWAYS CHALLENGE  
YOURSELF.  
THAT'S HOW YOU  
TRULY GROW.**



## SQUATS

STRENGTH / LEGS

SOFT MAT

HARD MAT

Standing on your machine at a low to medium speed, extend your sit bones behind you as if you are sitting on a chair that is a little too far away. Your knees should be in line with your ankles. Lower until your hips are in line with your knee. Hold and repeat. Use the poles for balance, or hold one extended pole in both hands and extend in and out in front of you.



OR



## BALANCE

STRENGTH / LEGS

HARD MAT

Stand on one foot in the centre of the machine at a low to medium speed with your other foot raised behind you. Use the poles for balance, or as a counter weight in each hand with your arms out front.



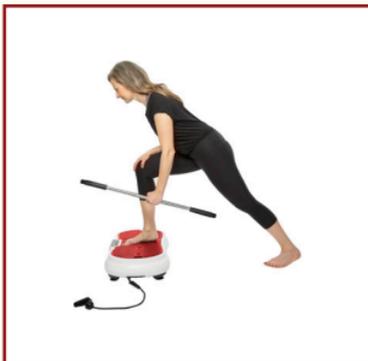
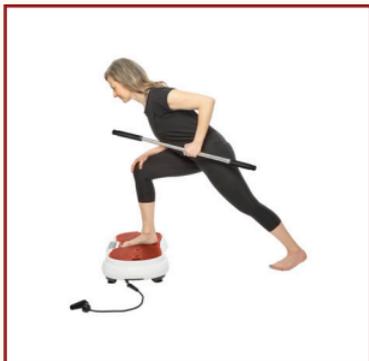
OR



HARD MAT

**BICEP PULL**  
STRENGTH / ARMS

Standing on your machine at low to medium speed, lower into a lunge position with one elbow resting in your knee, hold a shortened pole in your other hand and slowly pull towards your shoulder, keeping your elbow close to your side.

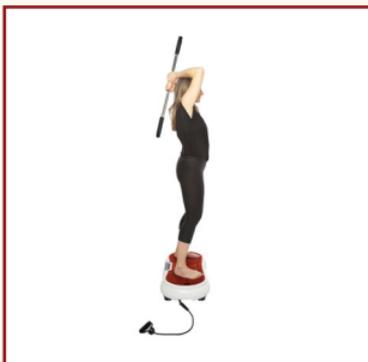
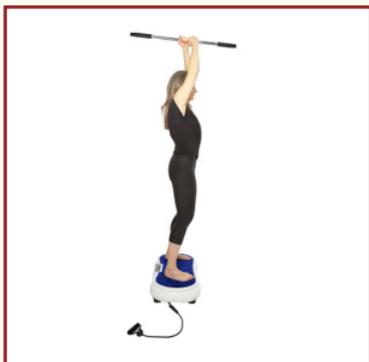


SOFT MAT

HARD MAT

**TRICEP EXTENSIONS**  
STRENGTH / ARMS

Standing on your machine at a low to medium speed, hold a shortened pole in two hands behind your head. Slowly raise and lower the bar.



# T-zone™

## USE 'THE ULTIMATE' TO

- Assist In Weight Loss
- Increase Muscle Strength
- Tone And Firm Muscles
- Improve Flexibility
- Increase Metabolism
- Decrease Cellulite Visibility
- Improve Mobility
- Improve Coordination
- Provide Increased Energy
- Massage Muscles
- Low Impact - Kind To Joints

## WHAT'S INCLUDED

- Ultimate machine with high power motor, surge protection and LED display
- One hard mat
- One soft mat
- Two adjustable poles for exercise and balance
- Two long-length resistance bands for strength training
- Remote control
- User manual
- Our fantastic warranty and support



## WARRANTY\*

- 1 Year Repair Or Replace
- 2 Years On Parts
- 3 Years On Motor

*\*shipping not included*

HARD MAT



SOFT MAT



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