



# **Body Vibe™**

## **WHOLE BODY VIBRATION THERAPY**

**For Your Fitness  
For Your Health  
For Your Well Being**

*with...*

*Positive Benefits on Muscles*

*Positive Benefits on Circulation*

*Positive Benefits on Bone*



for more information or to order the *Body Vibe*, please call 888-950-2190

## What happens while I'm on the Body Vibe?

The first thing that happens is that all of the muscle fibers in your body begin to tense and relax at the same rate as the Body Vibe is vibrating. Yes - all your muscles are tensing and relaxing many times a second while you are on the Body Vibe.

That means true whole body exercise!

### 10 Minutes on the Body Vibe is equal to:

- 60 Minutes of weight lifting
- 3-4 Miles of jogging

And you are just standing there! Body Vibe is the perfect answer to the housebound, the elderly, the chronically ill, and yes - even the lazy ones - who find it difficult to exercise.

## What happens next?

### SECONDARILY, MANY OTHER RESPONSES:

- Immediately an increase of blood flow occurs in the whole body.
- Increase in serotonin and nor-epinephrine, neurotransmitters that make you calm and happy.
- Cortisol, the stress hormone, begins to decrease.
- Human growth hormone, testosterone and intrinsic growth factor 1 increases occur
- T-Cells, the important immune cell, begin to increase.
- Cellulite begins to break up.
- Damaged and non-functional nerve cells begin to activate.
- Saturation of cells with oxygen.

#### BMI INDEX RESULT INDICATIONS:

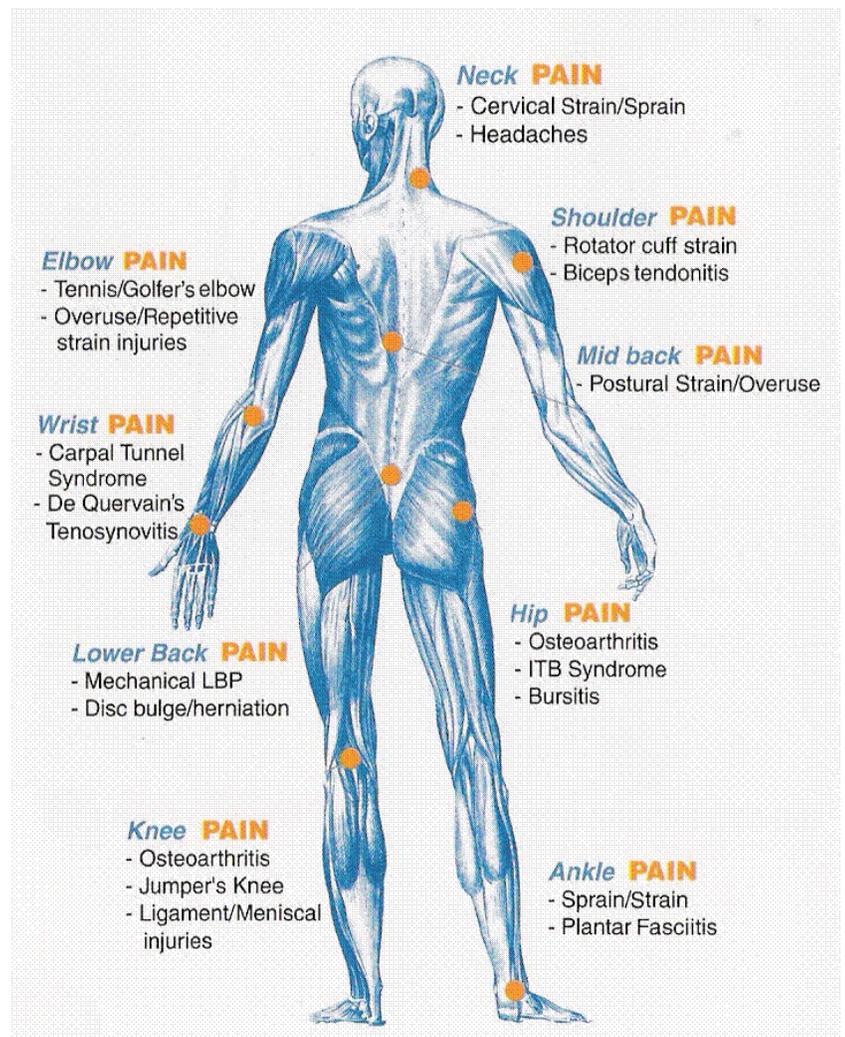
Gender	BMI Results		
Female	Less than 17	17-27	28+
Male	Less than 14	14-23	24+
Indication	Slim	Average	Overweight

#### HEIGHT CONVERSION CHART (FEET TO METERS):

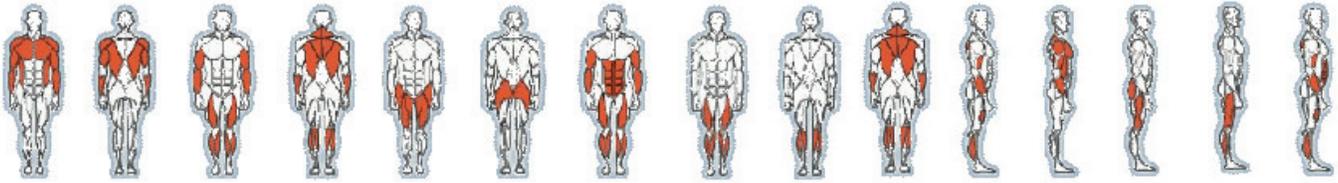
5' 0" = 1.52 m	5' 8" = 1.73 m	6' 4" = 1.93 m
5' 1" = 1.55 m	5' 9" = 1.75 m	6' 5" = 1.96 m
5' 2" = 1.58 m	5' 10" = 1.78 m	6' 6" = 1.98 m
5' 3" = 1.60 m	5' 11" = 1.80 m	6' 7" = 2.00 m
5' 4" = 1.63 m	6' 0" = 1.83 m	6' 8" = 2.03 m
5' 5" = 1.65 m	6' 1" = 1.85 m	6' 9" = 2.06 m
5' 6" = 1.68 m	6' 2" = 1.88 m	6' 10" = 2.08 m
5' 7" = 1.70 m	6' 3" = 1.90 m	6' 11" = 2.10 m

#### WEIGHT CONVERSION CHART (POUNDS TO KILOGRAMS):

80 lbs = 36.3 kg	165 lbs = 74.8 kg	250 lbs = 113.4 kg
85 lbs = 38.6 kg	170 lbs = 77.1 kg	255 lbs = 115.7 kg
90 lbs = 40.8 kg	175 lbs = 79.4 kg	260 lbs = 117.9 kg
95 lbs = 43.1 kg	180 lbs = 81.6 kg	265 lbs = 120.2 kg
100 lbs = 45.4 kg	185 lbs = 83.9 kg	270 lbs = 122.5 kg
105 lbs = 47.6 kg	190 lbs = 86.2 kg	275 lbs = 124.7 kg
110 lbs = 49.9 kg	195 lbs = 88.5 kg	280 lbs = 127.0 kg
115 lbs = 52.2 kg	200 lbs = 90.7 kg	285 lbs = 129.3 kg
120 lbs = 54.4 kg	205 lbs = 93.0 kg	290 lbs = 131.5 kg
125 lbs = 56.7 kg	210 lbs = 95.3 kg	295 lbs = 133.8 kg
130 lbs = 59.0 kg	215 lbs = 97.5 kg	300 lbs = 136.0 kg
135 lbs = 61.2 kg	220 lbs = 99.8 kg	305 lbs = 138.3 kg
140 lbs = 63.5 kg	225 lbs = 102.0 kg	310 lbs = 140.6 kg
145 lbs = 65.8 kg	230 lbs = 104.3 kg	315 lbs = 142.9 kg
150 lbs = 68.0 kg	235 lbs = 106.6 kg	320 lbs = 145.1 kg
155 lbs = 70.3 kg	240 lbs = 108.9 kg	325 lbs = 147.4 kg
160 lbs = 72.6 kg	245 lbs = 111.1 kg	330 lbs = 149.7 kg



for more information or to order the *Fit Massage*, please call 877-407-6230



## Physiological Effects of Whole Body Vibration include:

All muscle fibers in the body tense and relax at the same rate as machine is vibrating: 20-50 times/second. This creates an intensive workout for the muscles; and much of this can be accomplished while simply standing on the plate.

Ten minutes on the plate equals 30-60 minutes of weight lifting.

Increase in hormones involved in strength, repair and regeneration; testosterone, Human Growth Hormone, and Intrinsic Growth Factor 1.

Increase in Serotonin and Norepinephrine - neurotransmitters that makes you calm and happy.

Decrease in cortisol - the major stress hormone.

Significant increase in blood flow throughout the body.

Strengthening and increase of bone tissue.

Accelerates recovery after exercising or injuries

Cellulite reduction

Increased number of T cells: an important part of your immune system.

Increases fat burning

Improves flexibility, mobility and coordination

Improves training quality and effectiveness

Reduces stress on joints

Strengthens muscles - particularly the back/spine

Improves lymphatic drainage

Strengthens bone tissues

Restores hormonal balance

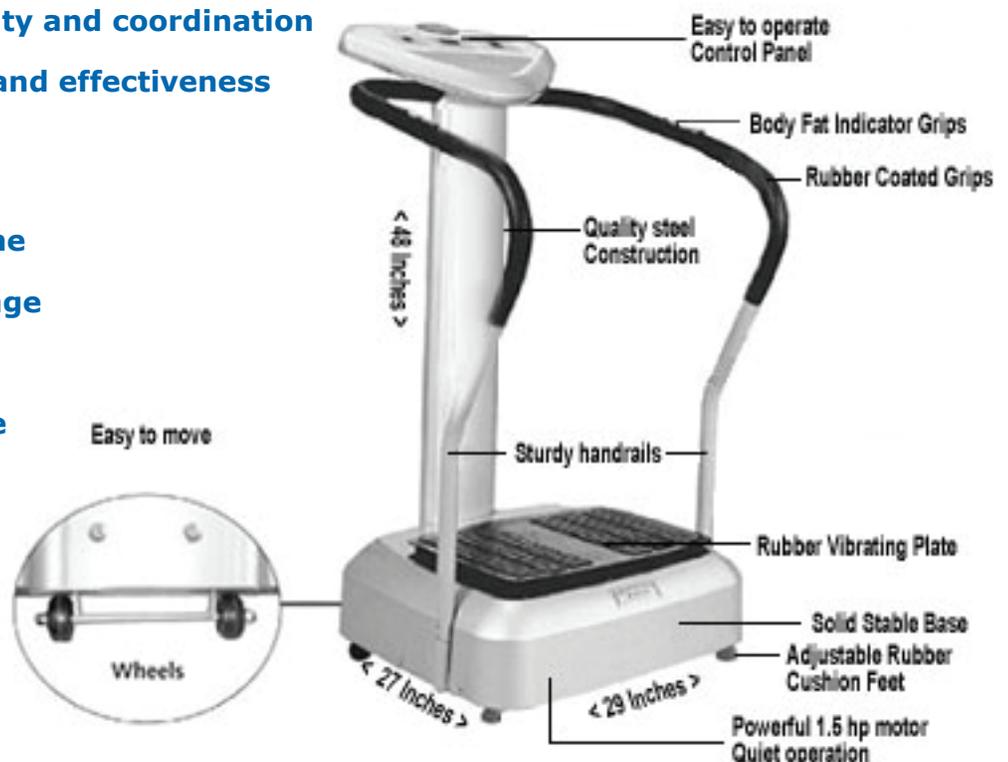
Stress reduction

Speeds up metabolism

Improves skin quality

Revitalization

Body and mind balancing



## Weight Loss

Using the Body Vibe for 10 minutes is the equivalent of 30-60 minutes of conventional weight lifting in terms of getting in shape, including losing pounds, inches, fat, and cellulite, as well as for strengthening and toning your muscles and increasing bone density.



Most of our customers who want to lose weight are successful using a combination of working out on the Body Vibe, diet modifications and nutritional supplements. Average weight loss is 10 - 15 pounds, with 70 - 80% of clients losing at least 10 pounds, sometimes in the first month, and quite a few losing 30 pounds or more. And most importantly, in WCP's years of experience, at least 90% of those losing weight have not gained it back again (including those losing 30 pounds or more)!

## Muscle Strength & Flexibility



Used as a training method, it has been shown to increase bone density, muscle strength and flexibility in a remarkably short amount of time: 10 minutes with this system is the equivalent of 30-60 minutes of weight lifting. Standing on a vibrating plate, every cell in your body vibrates at the same speed the plate is vibrating (20-50 times/sec). All muscle fibers involuntarily tense and relax at this speed, thus creating an intense workout without the person actually having to move at all!

Sounds too good to be true! Research supports these claims, and as anyone who has used this system can tell you, it is hard work! Many different positions have been developed to target different muscle groups. All involve getting into a position on the plate and holding your body weight (or even adding additional weight) against the vibration. The vibration multiplies the work done by your muscles dramatically. Holding a sit-up position for one minute on this vibrating plate, for example, feels like you've done 40 sit-ups in one minute!

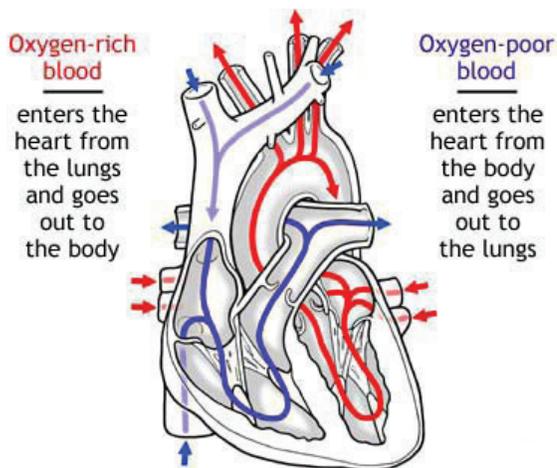
## Anti-Aging & Hormonal Effects

Hormones such as Human Growth Hormone, Intrinsic Growth Factor 1, and testosterone have been shown to increase, in some cases markedly. This, in conjunction with the strength and flexibility increases may explain why athletes using this system find they are less likely to get injured, and that when they are injured they heal faster. Marked strength increases have been seen using this system, even when used for short periods of time (less than 3 min/session, twice/week for 3 weeks). A process of neurological adaptation leading to improved communication between the nervous system and muscle fibers is thought to be the explanation for these early strength increases. After several weeks of training the muscle fibers themselves begin to increase in size and number creating larger, stronger muscles.

Cortisol levels, on the other hand, have been shown to decrease. Cortisol is the hormone released when we are under stress and high levels of cortisol have been linked to many disease states. Lowered levels of cortisol, conversely, have been seen as a good indication of a slowed aging process.

Whole body vibration improves circulation and oxygen delivery to peripheral tissues such as the feet, hands, skin and hair, as well as, organs, glands, muscle and fat. The increase in oxygen and blood circulation also increases the ability of the cells to eliminate waste,

respond to hormones and absorb nutrients, sugars and minerals. Aging occurs because of lack of proper oxygenation, nutrition and circulation to any part of the body. So improving these critical body functions is necessary to stall or even reverse the aging process. Vibration training should be an integral part of any longevity wellness program.



## Mood and Energy Levels

About 90% of clients originally complaining of poor mood and energy levels report improvements, usually within weeks of starting. Research with animals has shown an increase in serotonin levels after vibration. Serotonin, which is almost a household term these days due to the prevalence of depression and antidepressant drugs, is the neurotransmitter that makes you calm and happy. Antidepressant drugs generally increase effective serotonin levels, but they also have negative side effects. Many clients are able to get off of their antidepressant medications and often report that they feel better than they did on the drugs.



## Physical Therapy & Medical Rehabilitation

Physical therapists, medical doctors and chiropractors all report significant therapeutic effects from whole body vibration therapy. Regular use of these devices helps to restore strength, flexibility and range of movement both before and after musculoskeletal injuries and / or traumas. Vibration training can also help to prevent injuries when used in conjunction with other conventional training methods.

The Body Vibe's cutting edge vibration technology opens up new opportunity for people suffering with conditions such as, arthritis, multiple sclerosis, osteoporosis, Parkinsons Disease, cerebral palsy and stroke victims. It allows them to gain the benefit of exercise while staying within their personal physical capacities. Scientific research is pouring in from around the world on the effects of Whole Body Vibration. Numerous studies are finding their way into prominent medical publications and leading fitness research journals.



## Bone Density

The potential for bone building made national headlines in August 2001 when the journal Nature published a study using sheep at the State University of New York at Stony Brook. Adult sheep exposed to gentle vibrations for 20 minutes a day increased their bone density by 34% over one year. A recent study at Leuven University in Belgium, published by the American Society for Bone and Mineral Research in 2003, looked at the effect of vibration on post menopausal women (those most at risk of developing osteoporosis). Significant (approximately 1%) increases in hip bone density were seen over the 6 month study. While this number is small, this is still the first therapy to show any actual increase, or reverse, of bone loss in post menopausal women. An exciting area of research would be to combine Whole Body Vibration (WBV) with the latest in nutrition and supplemental therapies, and then look at the effects then on bone density after 6 months, especially as no attention was given to these factors in the Leuven study.

## Wellness with the Body Vibe

Increased blood flow combined with mechanical cell vibration leads to improved distribution and bio-availability of vitamins, nutrients, herbs, minerals and even homeopathics... Total body vibration causes the muscles, lymph, and cells in the body to contract and relax in a rhythmical fashion. If the right antioxidants, herbs and other nutrients are present in the blood prior to (WBV), a powerful super perfusion of the organs, glands and tissues is the result. Increased circulation and better lymph system drainage combine to give more rapid toxin removal resulting in more rapid healing and less detoxification side effects.

Additionally, the Body Vibe may raise a person's vibrational energy (their "Chi" in Chinese medicine), and help to balance the energy meridians which Eastern medicine believes to be essential to life and health. Whatever the exact causes and mechanisms of its myriad effects, it seems clear that Whole Body Vibration is an exciting, potentially even revolutionary, system of health enhancement.



## Background & History

The Body Vibe is a sophisticated exercise and therapeutic wellness machine that uses vibrational technology based on decades of Russian research and development. During the first extended periods of time Russian cosmonauts spent in space, it was observed they experienced bone and muscle tissue loss due to a lack of gravity. In an effort to stop or reverse these degenerative conditions, researchers were led to the whole body vibration (WBV) technology. Since that first research decades ago, it has been well documented that vibrational technology does in fact repair the bone and muscle tissue loss experienced by the cosmonauts. Of course, this discovery inevitably led the way for the vibrational concept to be applied to the fields of athletics and fitness. The Body Vibe is the latest "state of the art" vibrational technology machine designed for all around physical performance enhancement. Whole Body Vibration is used widely through out Europe especially by Olympic and top sport athletes. Within the last year, its notoriety and popularity has spread in America as well. Athletic superstars such as Los Angeles Lakers Shaquille O'Neil, Lance Armstrong, The Boston Red Sox and the New York Giants have been among the first users in America to recognize the incredible advantages of Whole Body Vibration.



### **Corporate Applications**

Corporate fitness and wellness is gaining ground for the numerous benefits to employee performance such as, reduced sick days and more productive work environments. Fit-Massage professional models are ideal for corporate fitness centers. In 10-20 minutes the employee can train all of his or her muscle groups, invigorate mental focus and alertness, while balancing posture and reducing ergonomic related injury.

Just standing on one of our units can yield a host of benefits including improved flexibility, reduced pain, increased blood circulation and renewed oxygen tissue levels.

The no sweat - no stain workout takes about 15 minutes per session and allows for lunch or coffee break workouts without the worry of needing a shower or a change of clothing.

Mood balancing hormones are immediately released like serotonin which counters mental fatigue while harmonizing emotional stress common in an enclosed work environment.

Considering its compact design and "bang for the buck" cost, the Body Vibe is the perfect corporate fitness equipment. Every employer should offer this form of training and therapy if they want to see their bottom line, employee job satisfaction, increase!

### Professional Sport Teams

Boston Red Sox  
Tampa Bay Buccaneers  
Chicago Cubs  
Kansas City Chiefs  
Los Angeles Avengers  
San Diego Padres  
Miami Dolphins  
Dallas Mavericks  
San Diego Chargers  
Tennessee Titans  
New York Mets  
Pittsburgh Pirates  
St. Louis Cardinals  
Anaheim Ducks  
New York Giants  
Dallas Stars  
Toronto Blue Jays  
Calgary Flames  
Oakland Raiders  
Toronto Maple Leafs  
Philadelphia Flyers  
Atlanta Braves  
Los Angeles Dodgers  
Los Angeles Kings

### Celebrities & Athletes

Madonna (Musician)  
Jane Fonda (Actor)  
Lance Armstrong (Cyclist)  
Ivana Trump (Socialite)  
Shaquille O'Neal (Miami Heat)  
Julie Andrews (Actor)  
Clint Eastwood (Actor)  
Sir Anthony Hopkins (Actor)  
Prince Albert of Monaco  
David Cone (NY Mets)  
Nick Nolte (Actor)  
Eric Karros (Chicago Cubs)  
J.D. Drew (St. Louis Cardinals)  
Daren Holmes (Atlanta Braves)  
Larry Nelson (PGA Golfer)  
Doria Cook (Actress & Tai Chi Master)  
Craig T. Nelson (Actor)  
Don Johnson (Actor)  
King of Saudi Arabia (Royalty)  
Anni Friesinger (2002 German Olympic Gold 1500m Speed Skater)

### Universities

Stanford University  
University of Nebraska  
University of CA Davis  
University of Southern CA  
University of Washington  
University of CA Berkley  
University of Louisville  
Ohio State University  
University of Houston Clear Lake  
Azusa-Pacific University  
Chapman University  
Texas Christian University



## **Customer Satisfaction Promise**

You may return any item for a full credit within 30 days of purchase. The item must be returned in brand new, completely unused condition, and include all original packaging, manuals, accessories and any promotional items. Return shipping costs are the responsibility of the Purchaser. A Return Merchandise Authorization (RMA) number must be requested within 30 calendar days from the original date that the item was paid for, and we must receive the item no later than 15 days from the RMA issue date. Exception: International Purchasers will not be refunded the original shipping charges.

## **Buyer's Remorse**

If you change your mind or decide not to purchase after you have already paid for an item, please contact us immediately. We will make every effort to stop the shipment of your item. If the item has already shipped, or cannot be stopped, simply refuse the item at the time of delivery. Upon our stoppage or return receipt of the item, you will be issued a full refund less the original and return shipping expenses. If the item was sold with free shipping, then the cost listed online at USPS or UPS for that item's weight, size, and destination will be charged as the original shipping amount. This policy will also apply to any items refused at delivery in which were not first contacted, and any international items in which the Purchaser fails to clear customs for any reason.

## **Dead on Arrival**

In the rare event that your items arrives in non-working order (DOA), we will pay for standard return shipping, and upon receipt and inspection of the item, we will replace the item, or issue a full refund at our discretion. In order for an item to be considered DOA, Purchaser must inspect and test the item and notify us of any DOA claim within 72 hours of the item's initial delivery. We will issue a Return Authorization (RMA) number and provide instructions for the item's return. The item must be returned in its original packaging, and include all manuals, accessories and any promotional items. We reserve the right to inspect and test all DOA merchandise. If the returned merchandise tests functional or does otherwise not qualify as being a DOA item, then the item will not be replaced, and the Purchaser's refund will be charged the return shipping costs and a 5% restocking fee. Cosmetic blemishes on any item, missing or broken parts on any item, and all items over 45 lbs. do not qualify for free DOA return shipping, as replacement parts for almost all items are available. Exception: International Purchasers will be responsible for all shipping charges, back and forth.

## Shipping Damage

If upon receipt of your purchase you see visible damage, or suspect concealed-damage, you must notify the shipping carrier at the time of delivery. If you have purchased insurance, please immediately notify us of the damage and we will assist in processing the claim. You must retain the original packaging, and please note that the product may need to be inspected for claim approval. All shipping damage claims, including concealed-damage claims must be made within 72 hours of the item's delivery. Any claim reported after that period will not be honored.

## Warranty

All Items are 100% brand new, and not refurbished in any way, unless the listing specifically states otherwise. All items are guaranteed against manufacturing defects for 30 days from the date of purchase, except for some machines in which the listings quote a longer period. There are no warranties, express or implied, beyond these time periods. All warranty shipping costs will be the responsibility of the Purchaser, and any deductibles & return shipping to the Purchaser must be paid before the repaired or replacement item will be shipped. We will determine, in our sole discretion, what constitutes a manufacturing defect. Requests for warranty coverage must include a clear copy of your original invoice. Purchaser modification, misuse, abuse, negligence or use of items for commercial purposes will void this warranty. Promotional, free items, and items that have been marked "as/is" "no-returns" or "no-warranty" in the listing / advertisements are also excluded from warranty. All warranties cover parts only; labor is specifically excluded. In all cases, our liability is limited to the cost of the item, exclusive of shipping cost value. For all products with a warranty period longer than 30 days, the following terms will apply: Moving and stationary parts are warranted for the initial 90-days, with a \$0.00 deductible / no charge, except for shipping as noted above. The remainder of the warranty terms covers frames only. Frames are covered for the remainder of the term against cracking and weld separation only. Rusting is excluded as we have no control how the item is stored.

## General Terms

For questions regarding our return policy, or to obtain a Return Merchandise Authorization (RMA) number, please contact us at [easycustomerreturns@gmail.com](mailto:easycustomerreturns@gmail.com). No returns will be accepted without a valid RMA number. The RMA number must be inside the shipping carton of the returned item, but must not be written on the product's factory packaging. Please also include a description of the problem. To protect against damage, please ensure the returned merchandise is packaged in its original packaging material. All returns must be received by us no later than 15 days from the RMA issue date. We will credit you in the same manner as your original payment, within 3 business days of receiving the returned item. There will be a charge for missing or damaged parts and/or packaging. Please note that time periods given are firm, and exceptions cannot be made.

## WHOLE BODY VIBRATION THERAPY

### WHAT OTHERS HAVE SAID ABOUT WHOLE BODY VIBRATION

**DR. KEITH DEORIO:** "Increased blood flow combined with mechanical cell vibration leads to improved distribution and bio-availability of vitamins, nutrients, herbs and minerals. Total body vibration causes the muscles, lymph and cells of the body to contract and relax rhythmically, aiding detoxification as well as nutrition. I also believe it helps balance the body's energy meridians so important in many health practices."

**ENOS SELIGMAN, Olympic Trainer:** "For more than two decades the Russians have used vibration therapy for its profound enhancement of muscle strength, performance, conditioning, overall health and wellness, in addition to its integral role in rehabilitating injuries and improving the quality of life for those suffering from injuries or debilitating conditions such as multiple sclerosis or arthritis." (Note: It was the Russian space program that turned to whole body vibration therapy to combat the degenerating effects of zero gravity on bone and muscle tissue with great results.)

**CHRIS VERNA, Trainer:** "Whole body vibrational therapy works from the inside out without the strenuous physical rigors of conventional training methods, activating muscle tissue conventional fitness machines overlook. It is incredible in its ability to increase flexibility, strength and critical blood flow while reducing joint discomfort. I'm amazed at how effective it has been for my arthritis clients who are severely limited in terms of available fitness alternatives."

### RESEARCH STUDIES

The use of controlled whole body vibration can and does improve the elements of fall risk such as gait, balance, timed up and go test and a considerable improvement in quality of life as measured by Medical Outcomes Study.

*Controlled Whole Body Vibration To Decrease Fall Risk And Improve Health Related Quality Of Life Of Nursing Home Residents. Arch Phys Med Rehabil. 2005 Feb;86(2):303-7*

Patients showed an increase in their weight-shifting speed without any adverse effects. It is concluded that whole-body vibration may be a promising candidate to improve proprioceptive control of posture in stroke patients.

*Short-term Effects Of Whole-Body Vibration On Postural Control In Unilateral Chronic Stroke Patients. Am J Phys Med Rehabil 2004 Nov; 83(11)867-72*

Vibration training improved isometric and dynamic muscle strength and also significantly increased the bone mineral density of the hip. No such improvements were noted in the controls who used resistance training. These findings suggest that whole body vibration training may be a feasible and effective way to modify well-recognized risk factors for falls and fractures in older women.

*Effect Of 6-Month Whole Body Vibration Training on Hip Density, Muscle Strength, and Postural Control In Postmenopausal Women: A Randomized Controlled Pilot Study J Bone Miner Res 2004 Mar;19(3):352-9*

Whole body vibration therapy and the reflexive muscle contraction it provokes, has the potential to induce strength gain in knee extensors of previously untrained females to the same extent as resistance training at moderate intensity. It was clearly shown that strength increases after whole body vibration therapy training are not attributable to a placebo effect.

*Strength Increase After Whole Body Vibration Compared With Resistance Training Med Sci Sports Exerc 2003 June;35(6): 1033-41*

The results show significant increases in the plasma concentration of testosterone and growth hormone and a decrease in cortisol levels. We can conclude that whole body vibration leads to beneficial hormonal changes as well as an improvement in neuromuscular performance. The effects are similar to those produced by explosive power training.

*Hormonal Responses To Whole Body Vibration In Men Eur J Appl Physiol 2008 Apr;81(6):449-54*

### Strength Exercises

Major Benefits: Slims, tones and increases your metabolism as you build strength! Also good for building bone density!

 <b>Deep Squat:</b> For quads	 <b>One-Leg Squat:</b> For glutes & hamstrings	 <b>Leg Curl:</b> For shoulders, glutes & hamstrings	 <b>Wide Squat:</b> For quads
 <b>Ring Adductor (feet wide):</b> For quads	 <b>Lunge:</b> For quads, glutes & hamstrings	 <b>Push-Up:</b> For shoulders & triceps	 <b>Push-Up Advanced:</b> For shoulders & triceps
 <b>Reverse Push-Up:</b> For shoulders & triceps	 <b>Ring Chest Press:</b> For shoulders	 <b>Triceps Dip:</b> For triceps	 <b>Triceps Push-Up:</b> For triceps & chest
 <b>Triceps Kick-Back:</b> For triceps	 <b>Bicep Curl:</b> For biceps	 <b>Boxing:</b> For shoulders, abdominals, biceps & forearms	 <b>Side Raise:</b> For shoulders
 <b>Standing Row:</b> For upper & lower back	 <b>Ab Plank:</b> For upper abdominals	 <b>Seated Abdominals:</b> For abdominals	 <b>Seated Abdominals with Band:</b> For abdominals
 <b>Standing Abdominals:</b> For abdominals	 <b>V-Sit One Leg:</b> For abdominals	 <b>One-Leg Glutes:</b> For glutes & hamstrings	 <b>Pelvic Bridge:</b> For glutes & hamstrings

### Stretching/Flexibility Positions

Major Benefits: Improves flexibility, range of motion and helps build bone density!

 <b>Piriformis Stretch:</b> For buttocks	 <b>Forward Stretch:</b> For hamstrings, glutes & lower back	 <b>Seated Forward Stretch:</b> For hamstrings, glutes & lower back	 <b>Quadrup Stretch:</b> For quads, knees & lower extremities
 <b>Lower Back Extension:</b> For hamstrings, groin & glutes	 <b>Gluteal Stretch:</b> For glutes	 <b>Pectoral Stretch:</b> For chest & shoulders	

### Circulation Positions

Major Benefits: Even at low speeds you can build bone density and improve whole body circulation!

 <b>Standing:</b> For whole body (chest up, stomach in, knees slightly flexed)	 <b>Use a Fit Ball!</b>
 <b>Ab Crunch:</b> For abdominals	 <b>Back Relax/Stretch:</b> For back & calves
 <b>Calf Massage:</b> For calves	

\*Fit Ball not included

### Massage Positions

Major Benefits: For relaxation, boosting circulation and reducing cellulite! Also helps to build bone density!

 <b>Calf Massage</b>	 <b>Upper Arm Massage</b>
 <b>Quad Massage</b>	 <b>Abductor Massage:</b> For top inner thigh
 <b>Back Relax</b>	