

TRANSFORM YOUR BODY

NEW CV12.... ALL THE POWER FOR FAST RESULTS!

RESEARCH SHOWS HELPS...
LOSE FAT 50% FASTER
EXERCISING WITH VIBRATION!*
EVEN FASTER THAN CARDIO!



with
**BONUS CHAIR &
MAGIC MAT**

*...Now make sitting,
active time!*

**ONE OF A KIND
WORLDWIDE.**



VIBRATION WORKS!

390
CLINICAL STUDIES
on WHOLE BODY
VIBRATION

ON HAND

AUSTRALIA'S VIBRATION EXPERTS
FOR OVER 10 YEARS

CV12

By **CardioTech**

www.cardiotech.com.au

Included on
**AUSTRALIAN
REGISTER**
of
**THERAPEUTIC
GOODS**
— ★ ★ ★ ★ —

* See details of study on back cover.

THE CV12 HERE'S THE SCOOP...

Fast track results, leave gym and boot camp in your wake with the CV12! Why spend an hour at the gym when you can reap the same benefit in just minutes? **
Make your time count!

Blast cellulite, work that core, tighten that pelvic floor! The frame supports you to hold challenging positions longer so you get leaner and stronger faster!

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**10 MINS = 1 HOUR
OF GYM****
DEFINED BY THE INTERNATIONAL
VIBRATION TRAINING REGULATING BODY.

**Based on time spent to achieve equal weight resistance benefit.

EXERCISING TO LOSE WEIGHT? HELP FIRE UP YOUR METABOLISM!

- ✓ Drop body fat, firm and tone when you increase muscle!*
- ✓ Boost metabolism to burn more calories!

It's simple! Stand up, hold on for extra stability and let the machine do the moving... not you! We're talking involuntary muscle contractions, yes... it just happens! Muscle is what drives our resting metabolism... so bring on the lean muscle!

Feel invigorated. Feel massaged. Feel like you've exercised? You bet!

CLINICAL STUDY PROVES FASTEST WEIGHT LOSS WITH VIBRATION EXERCISE

The remarkable results are all there in black and white in a university study published in 'Obesity Facts' (not commercially funded - so no bias!). A total of 61 participants completed the study over 12 months. Here's a few of the startling facts!

AFTER 12 MTHS:

- The Vibration Exercise Group experienced **50% faster weight loss** compared with the Cardio Exercise Group
- **Visceral fat was significantly decreased** in the Vibration Group, but NOT the Cardio Exercise Group
- **Waist circumference decreased** the most in the Vibration Exercise Group
- Vibration was the **ONLY Exercise group where Waist to Hip Ratio significantly decreased** after 3mths, 6mths and 12mths!



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* See details of study on back cover

THE NEW CV12... NOW WITH CHAIR & MAGIC MAT

**YOUR SECRET WEAPONS TO
TARGET STUBBORN AREAS!**

THE MAGIC MAT

The Magic Mat uses special polymers ... yesss, think luxury cushioning. Feel the 'push back' effect just from standing! It's soft on joints for an even gentler 'therapy session' or is perfect for that muscle building workout with spring-back support. If aerobics is your thing, what a difference this will make! When used for aerobic exercise, for example stool stepping, stutter steps, even planks... you'll be hooked!

And don't forget to combine your aerobic training with your Pulse Monitor to amplify your results!

DESIGNED FOR YOU...

No more struggling to get up and down from the floor, with a raised seat it's never been easier to sit on your machine and get the core and upper body benefits. It's super comfy – leaving you free to watch TV, or enjoy your favourite seated pastime.

No longer do you need to worry about the health risks of being sedentary – you can be enjoying the benefits of healthy movement without tricky exercise moves.

Have plates in your knees? Usually that precludes you from standing on Whole Body Vibration (WBV). Staying seated is your way to get the benefit, without any Vibration entering your knees - it's relaxing but also so beneficial.



UPPER BODY EXERCISE...

Want a more targeted upper body workout? Match with dumbbells or a weight plate to add more resistance to your Vibration upper body routine.

FUNCTIONALITY...

The Chair is easily added or removed for sitting or standing and fits perfectly into the base of the magic mat. Easy to install and pack away... takes seconds.

THE CV12 CHAIR

When tummy and tush need special attention!

Get the incredible benefits of Vibration but with more focus on your core – think waist and upper body! It's easy to squeeze in a quick session any time... no fuss!

Vibration may help:

- ✓ Smash cellulite
- ✓ Shape your waistline
- ✓ Improve core stability
- ✓ Tighten pelvic floor

When mobility makes exercise hard...

- ✓ Simply, sit down and get moving!
- ✓ Get all the benefits of mid and upper body vibration
- ✓ It's Australia's most versatile vibration machine!

How the Chair works...

We're included on the registry with the Therapeutics Goods Administration... which means rigorous testing and a proven design and capacity to improve health!

Unlike Vibration Training, which is all about exercise benefits and building muscle fibres, 'Vibration Therapy', is a far gentler and targeted approach to improving health. Working deep into your tissues, the CV12 may improve mobility... getting you up and moving again with greater ease and a new lease on life.

Just like physiotherapy, there are many benefits that can help:

- ✓ Improved circulation
- ✓ Lymphatic drainage to remove toxins
- ✓ Limbering up of joints and ligaments
- ✓ More flexibility and skeletal mobility
- ✓ Relief to aching backs and hips where joints are stiff and need mobilizing

Buyer's Checklist.

- ✓ Want quick results?
- ✓ Not exercised regularly for many years?
- ✓ Have challenging health and weight issues?
- ✓ Poor mobility or balance?
- ✓ Are you sedentary for more than 4 hours a day?
- ✓ Want to know you are buying a product for benefiting health?
- ✓ Expect exceptional value?



THE NEW CV12... BENEFITS

May help...

- Improve flexibility and circulation
- Increase strength and balance... that's your mobility!
- Exercise to reduce dangerous visceral fat*
- Find time to exercise
- Shrink that waist
- Increase lean muscle
- Reduce cellulite
- Assist in the prevention of Osteoporosis
- Relieve mild arthritis pain
- Improve common incontinence
- Reduce stress... feel awesome
- Gain more energy
- Improve skin tone

How Vibration Works

When you stand on **CardioTech's** clever oscillating platform it produces vertical vibrations from a side-alternating rocking movement.

This creates involuntary reflex muscle contractions. The vibration is transferred through your body, stimulating your muscles - speeding the training effect!

10 MINS = 1 HOUR OF GYM™
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**Based on time spent to achieve equal weight resistance benefit.

THINKING OF JOGGING TO GET TONED? THINK AGAIN... ANOTHER MYTH EXPLODED!

Like many other diet and exercise myths the benefits of 'Jogging' are not what you may think...

- Your body is likely to drop muscle with this constant low-intensity exercise. Muscle is the furnace that burns calories, it drives metabolism, so the last thing you want is less muscle!
- As you increase endurance, you'll gradually start burning fewer calories during your runs.
- Painful shin splints and the long-term deterioration of joints (knees, hips etc) are common!

EXERCISING ON THE CV12:

- ✓ Research* shows your results are much faster when using vibration.
- ✓ Strength training on the **CV12** builds lean muscle mass, which may increase your metabolism and in turn your metabolism can decrease your fat. So the more muscle you build, the more calories you potentially burn on a day-to-day basis!**
- ✓ What could be better?!... Increase your metabolism from just 10 minutes, 3 times a week, over 6 weeks! (Bonner Physical Therapy, 2003)

You need the **CV12** to give you tone, to give you definition... you need muscle! No one wants to be a skinny, flabby person!!!



STRENGTH AND TONE IN JUST 10 MINUTE WORKOUTS!

Spending hours in the gym? No way!

Your 10 minute Vibration workout can equal an hour in the gym – here's why... Depending on the speed, muscles will contract up to 15 times per second and as the acceleration forces increase, your body will feel as if it weighs more. This clever technology means you can work against a far greater gravity force in every movement you perform. Studies show that users have achieved impressive benefits in a fraction of the time.** So easy... your workouts will fly!

FOR FIRMING AND TONING

Lost a lot of weight? Then you'll know how difficult it is to maintain muscle tone. The fact is... weight loss does not discriminate between fat and muscle. So if you lose 10lbs/ kgs of fat you may lose 1lb/kg of muscle - and lean muscle is very hard to replace. The only way to preserve muscle is through resistance exercise. And with WBV this may be accomplished far more efficiently than conventional weight training in the gym.

RESHAPING? HANG ON TO YOUR MUSCLE

Lean muscle... it's what burns calories... even at rest! Diet... and you may lose weight but without resistance exercise you'll strip essential muscle as well! Vibration Training may give a sluggish metabolism a boost from 10 minute sessions 3 times per week.

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STAYING ACTIVE AND HEALTHY AS WE AGE

Vibration is a simple and easy solution!

STAYING MOBILE

If you're over 65, a fall is your number one enemy. In fact, 1 in 3 people over the age of 65 suffer a fall each year[^] – due to progressive muscle weakness and imbalance.

- ✓ Improve your balance
- ✓ Improving core strength
- ✓ Increase leg strength
- ✓ Improve your mobility

Using Vibration, in 4mins/day

- ★ improve balance
- ★ walking speed
- ★ agility

up to 40%*

**Effect of a combination of whole body vibration exercise and squat training on body balance, muscle power, and walking ability in the elderly.*
- Therapeutics and Clinical Risk Management 2014; 10: 131-136.

REDUCE DANGEROUS VISCERAL FAT

As our waistlines grow, so do our health risks. And we're not talking about the fat you can grab either. Visceral fat lies out of reach, deep within the abdominal cavity, where it pads the spaces between our abdominal organs and is a key player in a variety of health problems.

It's been linked to metabolic disturbances and increased risk for cardiovascular disease and type 2 diabetes. In women, it is also associated with breast cancer and the need for gallbladder surgery.

Harvard Health says experts stress that lifestyle*, especially exercise, is the very best way to fight visceral fat.

BOOST YOUR CIRCULATION

Your white blood cells are like the 'cavalry' of the body, the 'clean-up crew' - removing debris from broken down cells and attacking invading agents, such as bacteria.

Even at lower speeds, WBV improves your blood circulation... oxygen and nourishment are pumped to every cell. Your lymphatic drainage and overall health can benefit.

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

"10 minutes just sitting with your feet on the CV12 gives you the same benefit as a 30 minute walk!"

HELP PREVENT OSTEOPOROSIS

Strong bones are what keep us young. Postmenopausal women are most affected by bone mineral loss and significantly more than men, so this is serious stuff!

Just as weight resistance exercise improves bone density, WBV sends the same signals to the bones without the need to use actual weights. Ground-breaking research has shown excellent results. (*Journal of Bone and Mineral Research, 2006*)

Vibration was born in the early days of space travel - when Astronauts are in space for extended periods significant loss of bone density is experienced. Vibration counters this by maintaining or increasing bone density.

"If you happen to trip and break your femur or thighbone while you're up on Mars, that's quite a long way to the nearest hospital."

ABC Premium News Oct 7, 2006



[^]According to the Injury Control Council of WA.
*<http://www.health.harvard.edu/staying-healthy/taking-aim-at-belly-fat>

SWEET RELIEF FROM PAIN...

The key to a healthy, strong and in most cases, pain-free back, is core strength. 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. Increased circulation caused by the vibrations also brings vital nutrients to your vertebral joints and discs. Whole Body Vibration has been shown to help relieve lower back pain. *(Manchester Metropolitan University)*

MASSAGE AWAY ACHES AND TENSION

We all know how awesome massage makes us feel - it relieves those tight, tired, sore muscles.

Massage is so easy and beneficial, and is so simple on the CV12. And because of the corporate sized platform you have access to loads more positions than ever before!

And when you add the custom designed chair you'll experience the benefits of massage on your core and lower spine... so take a seat, and feel that tension disappear.

RECOVER FROM INJURY GENTLY

Vibration can be an invaluable tool - having an ability to strengthen muscles without the usual strain on joints and ligaments.

FOR REHABILITATION

WBV may prevent injuries, but just as important, it can help in the rehabilitation process. Many professional sports teams have found WBV to be an invaluable tool - having an ability to strengthen muscles without the usual strain on joints and ligaments.

IMPROVE & REDUCE INCONTINENCE

Studies show that Vibration Training may reduce incontinence. Just by standing on the vibrating platform your pelvic floor muscles are activated to tense and release - it's what you are told to do but with Vibration it happens automatically!

*("A Comparative Study of Whole Body Vibration Training and Pelvic Floor Muscle Training on Women's Stress Urinary Incontinence: Three- Month Follow-Up"
- Iran University of Medical Sciences, Tehran, Iran June 2015)*



Whole Body Vibration

The technology is being accepted by major centres in Europe, the USA, Canada and Australia. Professional sport teams have adopted WBV to develop explosive strength and for rehabilitation. Health Spas are offering clients personalised sessions for massage and relaxation and Personal Trainers are using it exclusively for the ultimate whole body strength and toning workout.

Whole Body Vibration has shown, through extensive worldwide research, to have far reaching health benefits...



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THE CV12 DIFFERENCE...

“ CardioTech is a Member of the IVTRB (google it!) ...the International Vibration Training Regulator Body! ”

COMPARISON TABLE

	CV12 Typical	Competitor
MOTOR WARRANTY	5 Years... that's 5 times longer	1 Year...
REPAIRS	Fixed in your home	Must send away at your cost, even under warranty!
FOCUS ON CORE & UPPER BODY	With Vibration Chair... you get to target stubborn areas and access core poses with ease!	NO Chair available
FOR WEIGHT LOSS	15hz with 10mm amplitude creates enough G-Force to load the muscles so you can increase lean muscle and lose weight. MORE LEAN MUSCLE = HIGHER METABOLISM!	GForce is too low at top speed to stimulate muscle fibre – so you won't boost metabolism, making it harder to lose weight

You may achieve more benefits in 10 minutes... at home... than 1 hour in the gym!”

WHY USE VIBRATION?

- ✓ You can lose stubborn visceral fat up to 50% faster by exercising with Vibration than cardio - proven by University!*
- ✓ Quick and easy - fits every lifestyle
- ✓ Forget impossible spot reducing ... tone and reshape where is counts! (No more skinny flabby person!)
- ✓ For weight loss 10 minutes beats a 45 minute jog hands down!
- ✓ All natural, rocking movement gets the blood pumping - no nasty electrical shocks!
- ✓ Safe, for just about everyone - soft on joints and no more shin splints!
- ✓ An industry leading warranty!
- ✓ Bonus health benefits... lymphatic drainage... bone health... even cellulite!

Contraindication to Vibration

Whole Body Vibration is safe for the large majority but may not be suited for some people. Please seek medical advice before using Whole Body Vibration therapy. In particular, if you are pregnant or have any medical condition whatsoever please do not undertake Whole Body Vibration therapy without approval of your medical practitioner. Children and pets should not use Whole Body Vibration.

CardioTech **CV12**

CardioTech® Australia Help Centre

info@cardiotech.com.au
www.cardiotech.com.au

1300 13 55 96

*University research shows that when exercising with vibration training combined with a calorie controlled diet you can lose weight 50% faster than with cardio exercise alone. Published in Obesity Facts, 2010: "Effect of Long-Term Whole Body Vibration Training on Visceral Adipose Tissue: A Preliminary Report"

**Based on time spent to achieve equal weight resistance benefit. Prices, specifications and design are correct at the time of printing and are subject to minor changes without notice.