

Take 10 Exercise™

Strengthen Muscle, Improve Flexibility
 Increase Circulation, Decrease Inflammation
 Repair Human Growth Hormone HGH
 (the regrowth, anti-aging hormone)
 Improve Digestion
 Lower Cholesterol
 Higher Testosterone Levels, Increase Libido
 Balance Hormones
 Raise Serotonin, Sleep Better
 Elevate Norepinephrine, Improve Mood
 Speed Up Metabolism, Lose Weight
 Tighten Loose Skin, Smooth Wrinkles
 Reduce Cellulite
 Decrease Pain, and MORE!



EXCUSES	RESULTS
No time to exercise!	It only takes 10 MINUTES! Start with 2 minutes while brushing your teeth.
No room.	It's small. It needs a space just 30.5 inches wide and 24 inches deep.
I get tired working out.	You'll achieve a full body workout while merely <u>standing</u> on the machine.
I don't like to sweat!	You will not be sweating. Wear sweats or formal wear with no worries.
I can't even lift weights!	You'll get a full-body workout as if you actually lifted weights (but didn't).
I'm diabetic.	Studies show this exercise improves insulin and glucose metabolism.
I'm not very athletic.	Designed in Russia for athletes and as a minimal effort space exercise.
I don't like doing reps.	The machine does the reps for you! Up to 3,000 reps per minute!
Are they all the same?	Most whole-body vibration machines use dual motors too strong for proper results. They can leave you feeling disoriented. Our recommended unit* feels like a purring cheetah! No wonder cats have nine lives!

*Whole Body Vibrant Health Power 1000

Warning: Please start at lower frequencies 9-16 for shorter periods of time. Start with 1-2 minutes, then increase over several days to the full 10-minute session. Starting at higher speeds could be dangerous. Learn to know your body and adjust accordingly. You want the effect of a purring sensation running from head to toe, not a disorienting shaking effect. Please call Dr. Roe at 210.880.4321 for additional information and benefit training.

Less is more!