



The Original Plate



## VIBROGYM®

The experience and knowledge over the last years brought a new machine to the VibroGym® family: The Evolution. The Evolution is an innovative machine with a timeless design, moulded steel platform and high-tech motor technology. A product unmatched and unique. The Evolution will play a central role in training and rehabilitation programmes, especially in hotels, rehabilitation centres, fitness clubs and spa's.

## EVOLUTION

The VibroGym® Evolution is really an evolution in the training approach of physiotherapists, and in Sport Clubs, Health Clubs and Wellness Centres. Following our years of success in producing the VibroGym® Professional, known as The Original Plate, the necessary and natural next step is the VibroGym® Evolution, which better than ever professionally trains the human body and helps it to recover.

It is the perfect fitness equipment with complete training programmes. With this equipment you have the ideal platform for both personal as well as group-oriented Vibrationtraining. A huge step forward!



## The Original Plate

### Coming with the product:

#### VibroStraps

The upper body straps can be adjusted in length; they stimulate specific groups of muscles.



#### VibroMat

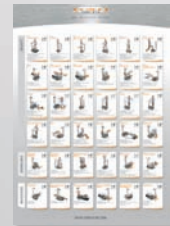
A mat is provided for exercises that involve parts of the body, other than the feet, coming into direct contact with the platform. The mat has a damping effect and protects clothing.



### VibroGym® Evolution

#### VibroTraining® Poster

The high-quality poster illustrates the 36 VibroTraining® exercises in a self-explanatory way.



#### VibroMat Deluxe

The mat is foldable so that users can increase the size of the training area and perform ground exercises at different levels.



#### VibroTraining® DVD

On the enclosed DVD the 36 VibroTraining® exercises are vividly demonstrated.



## TECHNICAL SPECIFICATIONS VIBROGYM® EVOLUTION

### Properties of the VibroGym® Evolution

Material	Massive Steel Construction
Dimensions (l x b x h)	1000 mm x 990 mm x 1500 mm
Weight	140 kg/300 lb
Voltage	110-130V and 220-240V
Power Consumption	380 Watt
Maximum Load	180kg/396 lb
Frequency settings	30-35-40-50 HZ
Force	2.1 kN/3.9 kN
Colour	Ivory White, Venetian Black, Golden Bronze
Operation	LCD-Display, completely programmable
Warranty	2 year factory guarantee *conditions apply



The Original Plate



## VIBROGYM®

VibroGym® Professional is designed to meet the high demands of gyms and spas.

## PROFESSIONAL

Based on the principle of 'whole body vibration' we introduce a new, highly effective training method: VibroTraining®. VibroGym® is produced in the Netherlands to ensure top quality. The complex motor construction consists of two 350W-motors built into the vibration platform. They are steered, controlled and synchronized through electronics used in Formula 1 cars.

The great usability of the VibroGym® Professional is ensured by easy to handle and virtually maintenance-free technology, and by easily adjustable training programmes and exercises. VibroGym® Professional – a perfect symbiosis of stainless steel, functionality, technology, lasting quality and timeless design.



## The Original Plate

### Coming with the product:

#### VibroStraps

The upper body straps can be adjusted in length; they stimulate specific groups of muscles.



#### VibroMat

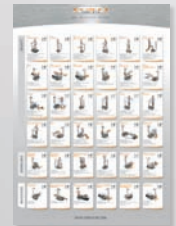
A mat is provided for exercises that involve parts of the body, other than the feet, coming into direct contact with the platform. The mat has a damping effect and protects clothing.



### VibroGym® Professional

#### VibroTraining® Poster

The high-quality poster illustrates the 36 VibroTraining® exercises in a self-explanatory way.



#### VibroTraining® DVD

On the enclosed DVD the 36 VibroTraining® exercises are vividly demonstrated.



#### VibroMat Deluxe

The mat is foldable so that users can increase the size of the training area and perform ground exercises at different levels.



## TECHNICAL SPECIFICATIONS VIBROGYM® PROFESSIONAL

### Properties of the VibroGym® Professional

Material	Stainless steel
Dimensions (l x b x h)	800 mm x 800 mm x 1400 mm
Weight	90 kg/193 lb
Voltage	110-130V and 220-240V
Power Consumption	350 Watt
Maximum Load	140kg/300 lb
Frequency settings	30-35-40-50 HZ
Force	2.1 kN/3.9 kN
Colour	Silver-grey
Operation	Membrane keyboard, start/repeat/stop button
Warranty	2 year factory guarantee *conditions apply



The Original Plate



## VIBROGYM®

The VibroGym® Domestic is designed for domestic use. The VibroGym® Domestic is very userfriendly: it has virtually maintenance-free technology and easy adjustable training programmes and exercises. The VibroGym® Domestic is also suitable for small spaces.

## DOMESTIC

Based on the principle of 'Whole Body Vibration' we introduce a new, highly effective training method: VibroTraining®. VibroGym® Domestic is produced in the Netherlands to ensure top quality. The complex motor construction consists of a patented one motor system built into the vibration platform the so called single swing method. It is steered, controlled and synchronized through electronics used in Formula 1 cars.

The outstanding usability of the VibroGym® Domestic is ensured by easy to handle and virtually maintenance-free technology, and by easily adjustable training programmes and exercises.

VibroGym® Domestic—a perfect symbiosis of stainless steel, functionality, technology, lasting quality and timeless design.



## The Original Plate

### Coming with the product:

#### VibroStraps

The upper body straps can be adjusted in length; they stimulate specific groups of muscles.



#### VibroMat

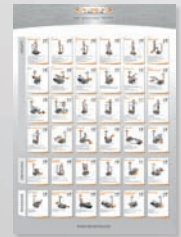
A mat is provided for exercises that involve parts of the body, other than the feet, coming into direct contact with the platform. The mat has a damping effect and protects clothing.



### VibroGym® Domestic

#### VibroTraining® Poster

The high-quality poster illustrates the 36 VibroTraining® exercises in a self-explanatory way.



#### VibroTraining® DVD

On the enclosed DVD the 36 VibroTraining® exercises are vividly demonstrated.



## TECHNICAL SPECIFICATIONS VIBROGYM® DOMESTIC

### Properties of the VibroGym® Domestic

Material	Steel (inside) frame and PU cover
Dimensions (l x b x h)	600 mm x 700 mm x 1300 mm
Weight	53 kg/113 lb
Voltage	110-130V and 220-240V
Power Consumption	250 Watt
Maximum Load	120kg/257 lb
Frequency settings	Training-Massage
Force	1.1 kN/1.9 kN
Colour	Silver-grey
Operation	Membrane keyboard, start/repeat/stop button
Warranty	2 year factory guarantee *conditions apply



The Original Plate



## VIBROGYM®

VibroGym® Medical is used for treatment and prevention and plays a central role in rehabilitation. Based on the principle of 'whole body vibration' it introduces a new, highly effective training method: VibroTraining.

## MEDICAL

VibroGym® Medical is produced in the Netherlands to ensure top quality. VibroGym® Medical is designed to meet the high demands of therapeutic environments. The complex motor construction consists of two 350W- motors built into the vibration platform. They are steered, controlled and synchronized through electronics used in Formula 1Cars.

Furthermore it is equipped with an additional shielding to avoid interferences with medical devices. The outstanding usability of the VibroGym® Medical is ensured by easy to handle and virtually maintenance-free technology, and by easily adjustable training programmes and exercises. VibroGym® Medical – a perfect symbiosis of stainless steel, functionality, technology, lasting quality and timeless design.



## The Original Plate

### Coming with the product:

#### VibroStraps

The upper body straps can be adjusted in length; they stimulate specific groups of muscles.



#### VibroMat

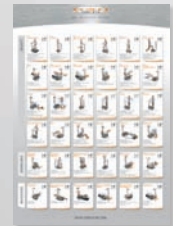
A mat is provided for exercises that involve parts of the body, other than the feet, coming into direct contact with the platform. The mat has a damping effect and protects clothing.



### VibroGym® Medical

#### VibroTraining® Poster

The high-quality poster illustrates the 36 VibroTraining® exercises in a self-explanatory way.



#### VibroMat Deluxe

The mat is foldable so that users can increase the size of the training area and perform ground exercises at different levels.



## TECHNICAL SPECIFICATIONS VIBROGYM® MEDICAL

### Properties of the VibroGym® Medical

Material	Stainless steel
Dimensions (l x b x h)	800 mm x 800 mm x 1400 mm
Weight	90 kg/193 lb
Voltage	110-130V and 220-240V
Power Consumption	350 Watt
Maximum Load	140kg/300 lb
Frequency settings	30-35-40-50 HZ
Force	2.1 kN/3.9 kN
Colour	Silver-grey
Operation	Membrane keyboard, start/repeat/stop button
Warranty	2 year factory guarantee *conditions apply

# Diamond

VG EVOLUTION

## Data sheet



With the VibroGym® Evolution Diamond, VibroGym® has once again set a milestone, refining the "Evolution" trainer with CRYSTALIZED™ - Swarovski Elements. A total of over 65,000 crystals allow the vibrating plate to glitter and sparkle. VibroGym® Evolution Diamond will make women's hearts beat faster—for this vibrating plate unites state-of-the-art technology with a high-end, exclusive appearance.

For VibroGym®, this meant combining the latest research in sports and exercise science with the results of current user surveys and the most innovative technical production solutions. We then merged this data into our current production at the VibroGym® laboratory. Up-to-the-minute training concepts from physiotherapists, comprehensive training analyses from fitness clubs, health clubs and wellness centres, and innovative designs from outstanding engineers and product designers all led to the VibroGym® Evolution Diamond's moment of creation!

This luxury trainer is a true gem—specially designed for those who not only love luxury, but also live it.

## Included accessories



### VibroStraps

The body straps can be adjusted in length; they are used to stimulate specific muscle groups.



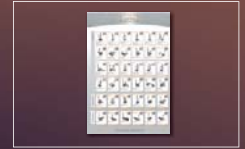
### VibroMat Deluxe

The mat can be folded, allowing the training area size to be varied. In so doing, the user can perform a range of floor exercises.



### VibroTraining® DVD and CD-ROM

The accompanying DVD includes a demonstration of the 36 VibroTraining® exercises. The CD-ROM contains several VibroTraining® programmes (beginner, anti-aging, anti-cellulite, tums/bums/thighs, back strength and fat burn) for practicing on one's own.



### VibroTraining® Poster

This high-quality poster offers a concrete overview of the 36 VibroTraining® exercises.

## Technical details

Material	Stainless steel
Dimensions (l x w x h)	1000 mm x 990 mm x 1500 mm
Weight	140 kg/300 lb
Voltage	120/230 VA
Output	380 watts
Maximum load	180 kg/396 lb
Frequency setting	30-35-40-50 Hz
Power of impact	2.1 KN/3.9 KN
Operation	Liquid crystal display (LCD), interactive menu (with language selection)
Refinement	65,000 SS16 CRYSTALLIZED™ - Swarovski Elements 600 "Hyacinth" CRYSTALLIZED™ - Swarovski Elements
Warranty	Two-year factory warranty Warranty conditions

## Delivery and service

The VibroGym® Evolution Diamond will be delivered free of charge directly to your door. Your machine will be constructed by our VibroGym® team and ready for use. This includes professional instructions detailing the use of the machine and the possibilities of VibroTraining.

## Two-year warranty

We offer a two-year warranty on the VibroGym®.