

ExerVibe Stepper

Технические характеристики

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EXERVIBE STEPPER

Whole Body Vibration

It is important to understand that when standing on a vibrating platform, the major vibration effect is at the feet. The effect diminishes as the vibration waves move upward through the body. In contrast, the ExerVibe Stepper combines the known advantages of vibrating platforms with the additional capability to target either the total body or specific body parts during both static and dynamic exercises. It applies vibration stimulation to the user through foot pedals, handgrips, handrails and a seat with selectable on and off vibration cycle time. Whole Body Vibration

Versatility Vibration exercise enhances physical fitness for activities of daily life. The benefits of total body stimulation opens a new frontier of health and fitness. While vibrating platforms stimulate from the feet upward, the ExerVibe Stepper stimulates from the feet upward, the seat upward and downward and from the arms downward for a more effective Total Body Stimulation. The ExerVibe Stepper is the most versatile device available to efficiently and effectively implement the benefits of whole body vibration (WBV) exercise technology throughout the body. This is achieved by transferring vibrations to muscle fibers, enabling them to contract and relax up to 30x a second (which is referred to as 30 htz). It activates multiple muscle groups simultaneously to improve muscle strength, power, performance, increased flexibility and range of motion.

Added versatility the ExerVibe Stepper provides vs. standing on platform.

1. Stand on pedals and hold handrails. (This duplicates a vibrating platform)
2. Stand, hold handrails and take steps from 1 to 18 inches high.
3. Stand and hold handgrips in an isometric full body stretch.
4. Sit motionless on vibrating seat and hold handrails.
5. Sit and exercise legs.
6. Sit and exercise arms.
7. Sit and exercise legs.

Studies of whole body vibration platform have been published in prestigious scientific peer-reviewed literature such as Medicine & Science in Sports & Exercise, the Journal of Bone and Mineral Research, Clinical Physiology, and the European Journal of Applied Physiology.

Need commercial financing options for your next VersaClimber purchase? Easy approval process, check out Innovative Lease Services.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, or cure any disease. Benefits listed are based on research that may or may not be independent of Heart Rate Inc. products.

ADDITIONAL INFORMATION

Total Body	<i>No, lower body stepping</i>
Variable Control	<i>Fixed, non adjustable</i>
Step Height	<i>1-18 inches</i>

Arm Travel	<i>N/A</i>
Max User Weight	<i>350 lbs</i>
Module Display	<i>Yes</i>
Programs	<i>4 modes</i>
Maximum Speed	<i>350 Vertical Feet Per Minute</i>
Climb Angle	<i>75 Degrees</i>
Heart Rate Monitoring	<i>N/A</i>
Vibrations Per Second	<i>28 – 30 Htz</i>
Amplitude	<i>3.5mm</i>
Power Requirement	<i>110 volts</i>
Height	<i>5' 5" (assembled)</i>
Weight	<i>135 lbs</i>
Base Size	<i>43" x 46"</i>
Structure	<i>Steel, Double Welded</i>
Warranty	<i>3 year limited</i>
Frame Warranty	<i>3 Years</i>
Display Electronics	<i>2 years</i>
Parts/Labor	<i>1 Year</i>

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