

## PHYSIOPLATE FIT

### VIBRATING PLATE SIZE:

80 x 92 X 149 cm

**BASE SIZE:** 79 x 42 cm

### FREQUENCY:

15 to 70 in 1 Hz increment

**TWO VIBRATION LEVELS:** 2 mm and 4 mm

**DISPLAY:** 7-inch, touch screen display “

**PROGRAMS:** 232

**MAX USER WEIGHT:** 150 kilos

**WEIGHT:** 120 kilos

### PROGRAMMABLE

**COLOURS:** Red / Blue

**MOTORS:** 2 motors AC 200W

**ACCELERATION “G”:** 0.9/7.3

**PHYSIO KEY:** ON REQUEST



### SPECIAL FEATURES:

- Managing software that can be updated by PC connection
- Help on line
- Rapid guide for the program selection by graphic “touch screen” display
- Personalized training planner (Personal Trainer)
- Wide library of exercises for the well-being and the body shape

**PHYSIO PLATE** is the ideal vibration plate to carry out both sports and rehab treatments, that also satisfies fitness and beauty needs.

The neuro-mechanical vibration is extremely efficacious thanks to the effect produced on nearly all tissues and structures of the human body, In fact, it acts:

1. On the neuro-muscular system;
2. On the blood circulation;
3. On the cartilage;
4. On the osseous tissue;
5. On the hormonal system;
6. On the neuro-transmitters.

**PHYSIO PLATE – SPORT** causes important power increases: the stimulus produced by the mechanical vibrations is able to enhance the muscular contraction, improve the muscular strengthening and increase the stretchy-reactive abilities of the body.

**PHYSIO PLATE- FITNESS & BEAUTY** tones up the body muscles and favours the blood circulation and the lymphatic drainage