



## PHYSIOPLATE myGOLD

### VIBRATING PLATE SIZE:

55 x 96 cm

### FREQUENCY:

15 to 70 in 1 Hz increments

### TWO VIBRATION LEVELS:

2-3 mm and 4-6 mm amplitudes

### DISPLAY:

7 -inch touch-screen display

### MAIN FEATURES:

- On-screen, guided program selection;
- Personal Trainer: help for the choice of the various pre-setted protocols on the base of the training objective and body part;
- Extensive exercise library for health and fitness;
- Exercise positions are displayed on-screen;
- Free programming: new exercise protocols can be entered and stored with all exercise parameters (frequency, amplitude, exercise time, recovery time and number of repetitions);
- Run-time adjustment: parameters can be adjusted while exercising.

**PHYSIO PLATE :** Is a vibrating plate ideal for sport, rehab, fitness, aesthetics and geriatrics. Neuromechanical vibration is extremely effective for body tissue and body parts. Groundbreaking medical and sport-medicine studies have found positive effects in the following areas:

- 1) Neuromuscular
- 2) Cardiovascular
- 3) Cartilage
- 4) Bones
- 5) Hormones
- 6) Neurotransmitters



*neuromechanical*